

THE
Treasurie of hidden
Secrets.

Commonlie called,
The Good-huswiues Closet of proui-
sion, for the health of her Houshold.

Gathered out of sundry experiments, lately practised by
men of great knowledge: And now newly enlarged, with diuers
necessary Phisicke helpe, and knowledge of the names and
naturall disposition of diseases, that most commonly
happen to men and women.

Not impertinent for every good Huswife to vse in
her house, amongst her owne familie.



AT LONDON,

Printed by I. W. for Edward White, and are to be sold at his
shop at the little North doore of Paules, at the
signe of the Gunne. 1608.

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To all VVomen that loue and professe
the practise of good huswifarie, as well
wines as Maydes.

Crteous Gentlewomen, honest Matrons, and vertuous virgins, I did not long agoe print (in my opinion) a very necessary booke of Cookery, and bequeathed it vnto you, called, The good-huswifes hand maid for the Kitchin; and perciuing no leise but that it was acceptable among many of you, I haue lately reprinted the same, & for that this booke, called : The good-huswifes Closet of necessarie prouision for the health of her houshalde, contayning, The manner as well to make all kind of Conserues & sirrops, and suger paste for banqueting dishes, Succade, Marmalade, & Marchpane, diuers sweet distilled waters of great vertue, fine powders for presses, and chests, with wollen and linnen clothes and Furres, to keepe them frō moth-eating; and many precious Oyles of sundry operations and effects: as also necessary directions for preparation of good and wholesome Kitchin phisick, in making good medicines, wholesome drinke, and other comfortable things, to help and cherish the sick and weake in your house, bath likewise beene printed by me aforetime. I thought good now to aduertise you that I haue conferred them both together, & in examining them, found some things in the one, more pertinent vnto the other: and some things in the one that was likewise in the other, & therfore needles that the self same things should be in both. I haue therfore placed each thing that before was out of order in his due & conuenient place, and do commend both vnto your protection : the one for

The Epistle Dedicatorye.

your Kitchen, and this other ready helpe, alwaies at hānde
as a Storehouse, or Treasurie of many profitable secrets, and
vnknowne conceits to be vſed as occasion shal require. First
printed at the request of a Lady of great calling, and now
augmented with some rare conceits not before published:
How good souer they be, yours they bee: and my tolte at
your commaund, to publish any thing that may be to your
good liking, and to amend what otherwise shall prooue to
your discontentment.

I. VV. Printer.

The Authour of these Secrets
to this Booke.

*Vpon occasion that a Lady of Honourable regard, having
seen this Booke in writing, earnestly requested, or ra-
ther commaunded to haue a copy of the same.*

Go a little Booke of profit and pleasance,
To my Honourable Lady without delay:
Shew her I send thee for the performance
Of her request, sith she would haue no nay:
Yea, say, her commaund of me hath obtained
Thee: that no gold nor good could haue gained.

The Treasurie or closet of hidden Secrets,

To make a Marchpane. chap. 1.

Take halfe a pound of blanched Almonds, & of white Suger a quarter of a pound, of Rose-water halfe an ounce, and of Damaske water as much: beat the Almonds with a little of the same water, and grind them til they be small: set them on a few coales of fire till they ware thicke, then beate them againe with suger fine: then mirt the sweet waters and them together, and so gather them, and fashion your Marchpane: then take wafer cakes of the broadest making, cut them square, past them together with a little liquo: and when you haue made them as broad as will serue your purpose, haue ready made a hoope of a greene hazel wand, of the thicknesse of halfe an inch, on the inner side smooth, without any knags: lay this hoope vpon your Wafers cakes aforesaid, and then fill your hoope with the geare aboue named, the same driven smooth aboue with the back of a siluer spoone, as ye do a Tarte, and cut away all the parts of the cakes, even close by the outside of the hoope, with a sharpe knife, that it may be round: then hauing white paper vnderneath it, set it vpon a warme hearth, or vpon an instrument of yron or brasse, made for the same purpose, or into an Ouen, after the bread is taken out, so it be not stopped: it may not bake, but onely be hard and thorow dried, and ye may while it is moist sticke it full of Compets of sundry colours, in a comely order, yee must moist it ouer with Rose-water and suger together: make it smooth, and so set it in to the Ouen or other instrument, the clearer it is like a Lanterne boorne, so much the more comended. If it be thorough dried, and kept in a dry and warme ayre, a Marchpane will last many yeres. It is a comfortable meat mert for weake folks, such as haue lost the taste of meats by much and long sicknes. The greatest secret that is in making this cleere, is with a little fine flower of Rice, Rosewater and Suger beaten together, and laid thin vpon the Marchpane ere it goe to drying. This will make it shine like Ice, as Ladies report.

To gild a Marchpane, or any other kind a Tart. chap. 2.
Take & cut your leafe of gold, as it lieth vpon the booke into square pieces like dice, & with a Conies tayles end moisted a little, take the

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go. de by the one corner, lay it on the place, being first made moist, and with an other taple of a Copy dyp, presse the gold downe close. And if you will haue the forme of an Hart, or the name of Jesus or any other strange thing whatsoeuer, cut the same through a peice of paper and lay the paper vpon your Marchpane or Carte: then make the boorde place of the paper moist with rose water, lay on your gold, presse it downe, take off your paper, and there remaineth behinde in gold, the print cut in the sayd paper.

To bake Quinces. chap. 3.

Pare them, take out the coare, perboyle them in water till they be tender, let the water run from them till they be dry: Then put in euery coffin one Quince, in it a god quantitie of marrow. Also take Suger, Sinnamon, and a little Ginger, and fill the coffin therewith, close it, let it bake an houre, and so serue it,

To keepe Quinces vnpared all the yeere. chap. 4.

Take ripe Quinces, and at the great end cut out a simple, then take out the coare cleane, and stoppe the hole againe with the same stopple (but pare the not) and perboile them a litle, take them vp, & let the water draine from them, then put all the coares, and some of the smallest Quinces in little peeces all to cut, into the water wherin all the Quinces were perboyled, and let them seeth till the liquor be as thicke as molten sise that Painters occupie, then take it from the fire and let it coole: in the meane season couch your cold Quinces in a barrel, or in an earthen pot, the great end downward (if the stopple be out, it makes no matter) and one vpon another. Then put the liquor in, that it be an handfull ouer and aboue them: Couer them close, and after liii. or v. daies looke to them, and when you see the liquor sunke downe, put in moze of the same, which you purposelye kept to couer them, as before: then lay a boord vpon them, & a stone, that they rise not, and couer the vessell close with a thick cloth solded that it take no ayre, so let them remaine. And when ye intend to occupie some of them, uncouer the vessell, and ye shall find a creame couering the whole liquor, breake it in the middest, turne it ouer with your hand, then take out your sruite in order, beginning in the middest first, then by the sides, so that you remore none, if it may be, but those that they take away: and every time you breake the creame, turne it ouer again into his place, for you must know, that the cream keepeþ out the ayre, and keepeth in the strength of the sirrop, thereloye it ma-

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keith much to the conservation of the fruite to save it, and also to see the vessell close covered. Also, when you will bake your Quinces, walthe them well and cleane in warme water, and bake them as before is written.

To make Vineger of Roses

In Sommer time when Roses blow, gather them, ere they bee full spread or blown out, and in dry weather, plucke the leaues, let them lie halfe a day vpon a faire board, then haue a vessell with vineger of one or two gallons, (if you will make so much Roset) put therein a great quantitie of the saide leaues, stop the vessell close after that ye haue stirred them well together: let it stand a day and a night, then diuise your Vineger and Rose-leaues together in two parts, put them in two great glasses, and put in roseleaues enough: stop the glasses close, set them vpon a shelfe vnder a wall vnde on the Southside without your house, where the Sunne may come to them the most part of the day, let them stand there all the whole Sommer long, and then straine the vineger from the roses, and keepe the leaues, and put in new leaues of halfe a dayes gathering, the vineger will haue the more odour of the rose.

You may vse in steed of vineger, Wine, that it may ware eager, and receive the vertue of the roses both at once.

Moreover, you may make your vineger of wine, white, redde, or claret: but the red doth most bind the bellie, and the white doth most loose.

Also, the Damaske rose is not so great a binder as the red rose, and the white looseth most of all: Whereof you may make Vineger roset.

Thus also you may make Vineger of Violets, or of Elderne flowers: but you must first gather and vse your flowers of Elderne, as shall be shewed hereafter, when wee speake of making conserue of Elderne flowers.

To make paste of Suger, whereof may be made all manner of fruities and other fine things with their forme: as platters, dishes, glasses, cups, and such like things, wherewith you may furnish a Table, & when you haue done, you may eate them vp. A pleasant conceit for them that sit at the Table. chap. 6.

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Take Gum Dragant, as much as you will, and steepe it in Rose-water, vntill it be mollesched, And so; fourre ounces of sugar, take of it the bignesse of a beane: the iuyce of Limons, a Walnut shel ful, and a little of the white of an egge: but you must first take the Gum, and beat it somuch with a pestle in a morter of white marble, or of brasse vntill it become like water, then put to it the iuyce with the white of the egge, incorporated well together. This done, take fourre ounces offine white Sugre well beaten to powder, & cast it into the morter by little & little, vntill it be turned into the forme of paste: then take it out of the said morter, & bray it vpon the powder of suger, as it were meale or flower, vntill all be like soft paste, to the end you may turne it, & sashiō it, which way you will: when you haue brought your paste to this forme, spread it abroad with Synamon vpon great or small leaues as you shall thinke it god, and so shall you forme and make what things you will, as is aforesaid, with such fine conceits as may serue a Table, taking heed that there stand no hote thing nigh vnto it. At the end of the banquet they may breake al, and eat the platters, dishes, glasses, cups, and such like: for this paste is delicate and sauourous. If you will make a thing of moze fineness then this, make a Tart of Almond, stamped with suger and Rose-water of like sorte that Marchpanes be made of: this shall you lay between two pastes of such vessels, or fruities, or some other thing, as you thinke god.

To make Orenge Compets. chap. 7.

Take Orenge fillings, lay them in faire water a day and a night, then seeth them in white wine: then take them out of the wine, and put them in an earthen pot, & put therein Sugre, Synamon, Cloues and Mace whole, and seeth them together without any other liquor, and so it is made.

To make fine blanch powder for rosted Quinces. chap. 8.

Take fine Sugre, halfe a pound, beaten in a hote morter to fine powder, of white ginger pared, halfe an ounce, of chosen Synamon a quarter of an ounce, beaten ready to fine powder, mixe them well together, and if you will haue it most excellent, cast two sponefull of Rose or Damaskie water, in beating of the Sugre.

To preserue Quinces in sirrop condicte, alway readie to be serued in whole in quarters. chapter. 9.

After your Quinces are coared and pared, seeth them till they be tender and soft: then lay them out till they be colde, in the meane time

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time, take of the same liquo^r two quarts or more, (according to the number of your Quinces which ye will keape) & put therin the cozes and some other small pieces, seeth them in the liquo^r, to make the sirrop strong: straine them, and put into the liquo^r, beeing two or thre quarters, one pint of rosewater, and so; every quart of liquo^r; one pinte of rosewater, and so; every quart for liquo^r, one halfe pound of suger, seeth them again together on a soft fire of coales, till the suger be incorporat with the liquo^r, then put in your Quinces, let them seeth softly till you perceiue that your sirrop is as thicke as lise Hony, then set them to coole, and take them out, lay them in a tray or platter till they be cold: then take one ounce of brused Synamon, and some whole cloues, put them with some of the Synamon into the sirrop, and when it is colde, lay a larde of Quinces in your glasse (called a gestelin glasse) or in an earthen pot well glazed: then straw a little of your Synamon vpon your Quinces, then poure some sirrop, lay on another lard of Quinces, and againe of your spice and sirrop, and so forth, till you haue done, and couer them two fingers ouer with sirrop aboue, couer them close: and within thre or four dayes looke to them: and when you find the sirrop shunken downe: put in more, and so reserve them. These are to be serued in with sirrop. See that the Quinces be tenderly sodden, and the sirrop thicke and strong enough.

Plummes condit in sirrop. chap. 10.

Take halfe a pound of suger, half a pint of rosewater, and a pint of sayre raine water, or of some other distilled water, seeth the suger, and the two waters vpon a soft fire of coales till the one halfe be consumed: then take it from the fire, & when it leaveth boiling, put therin halfe a pound of ripe Damasins, or other plums, and set it againe on the embers, and keepe it in like heat, till the plumbs be soft by the space of an houre, if need be: then put in some Cloues brused, and when it is cold, keepe it in a glasse, or in an earthen Gallipot: the stronger the sirrop is withsugar, the better it will continue. Some put into the sirrop Synamon, Saunders, Nutmegs, Cloues, and a little Ginger: seeth them not hastily, so; feare of much breaking.

To make Walnuts of sirrop. chap. 11.

Take your Nutts tenne daies before Midsommer day, lay them in water, and change them moring & euening, till nine or ten daies be past, then pare off as thin as ye can the bitter rinde, but the veris

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ground of them, and seeth them in such sirrope as yee doe Drenge, and when it is sodden, ye must keepe the in a newe sirrope of the same making, or els make a sirrop to seeth them in of clarifited hony: take raine water, for lacke of that, take other water, take thre times as much water as ye do hony, and seeth it long and softlie, then as the skin doth rise, take it off, and so let it seeth till it be cleane scummed, and a Tay if vpon your naile, if it tarie there it is shicke enough, els not: there is all, and seeth your Nuts therein, and put them in a sirop of suger.

To make Marmalad of Quinces. chap. 12.

After that your Quinces are sodden, ready to be kept condicte, as before in the chapter is witten, then with some of your liquor wherin they were sodden (but without any spice) beate them, and drawe them as ye wold doe a Tart: then put some ouer the fire, and seeth them softly, and in seething straw by little and little of powder of suger, the weight of the Quinces, or more, as your taste shall tell you, stirre it continually, put thereto some pure Rosewater, or Damaske water, let it seeth on height, till it be well standing, which thing yee may know, by taking some of it vpon a cold knife, and let it coole: if it be stiffe then take it off, and boore it whille it is warme, and set it in a warme and dry ayre: if you will gild your Marmalade, doe as afores is spoken of a Marchpane.

The best making of Marmalade, is when the Quinces haue layne long, and are through ripe, and very yellow, as in Lent season.

And forasmuch as Quinces are binding, and therefore not good for some sickes folkes costife, it is necessary to put a good maner of ripe Apples of god verdue, as Renet, Pippin, Lordling, Russetting, Do-mierall, Rex Pomorum, or any other Apple that is pleasant raw, among them, being first drawne from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat souple, and also increase the quantitie and vertue of the same, especially if it be well dashed with swete water.

To make Marmalade of Damsons or Prunes. chap. 13.

Take Damsons which are ripe, boyle them on the fire with a little faire water, untill they be soft: then draw them through a course boulter, as ye make a Tart, set it on the fire againe, seeth it on height with sufficient suger as you doe your Quinces, dashe it with swete water, &c, and boore it.

If you will make it of Prunes, doe likewise put some Apples to it

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It as you did to your Quinnes. This wise you may make Marmalade of Wardens, Peares, Apples and Medlars, Cerule, Cherries, or Strawberies, every one by himselfe, or else mixe it together as you thinke good.

To make Succade of peecles of Orentes or Lemmons. chap. 14.

First, take off your peecles by quarters, & seeth them in faire water, from three quarts to three pints: then take them out, and put to as much more water, and seeth them likewise, and so doe againe, till the water wherein they are sodden haue no bitternes at all of the peecles, then are they readie. Now prepare a sirrop as yee doo for Quinnes condit in the sirrop, in the 9. chap. before written, seeth the in glasse or pot.

To make Greene Ginger. chap. 15.

Take the rases of cased Ginger of the fairest, and use them as followeth: Lay abroad lane of faire sand vpon a low flower on the ground, halfe a foote thicke; then lay your rases of Ginger vpon the sand in order, couer the Ginger with moxe sand, four or five inches thick, sprinkle the sand ouer with faire water twise every day, that it may be moist, thus daily do till ye shall perceiue your rases to bee soft. Then take vp your rases, wash them, and scrape them cleane, haue a sirrope ready made, as is aboue saide, seeth them in it till they be well seasones: take them vp, and with some of the sirrop cast them or put them into a pot of stonye.

To make Manns Christi. chap. 16.

Take halfe a pound of fine white Sugur, put thereto soure ounces of rose water, seeth the vpon a soft fire of coales till the water be consumed, & the sugar is becom hard: the put therin a quarter of an ounce of the powder of Pearls, stir them together, put sov^r every spoonesful a peice of a leafe of gold cut of purpose, cast them vpon a leafe of white paper, being first annoyncted with sweet Butter for cleaing too.

To make A qua Composita. chap. 17.

Take 4: gallons of the best Ale, drawne frō the peale 24. houres: after it hath stood turned, & put it into a close vessel, wherin you shall put these hearbs following, and 4. ounces of Licorose scraped & bruted in a morter, & so much Amised well gachled, then stirre them together twise a day for the space of thre dayes, & let them stande 24. houres after: then put them into the stilling pot, and (if you please)

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you may also put in the los of **Waldesey** or **Dache**, or any other distilled waters, but fill not your pot to full, then set on your **Limbeck**, and close it fast to the pot, and keepe a soft fire vnder it. These are the hearbes with their quantitieſ,

Ilope, **Time**, **Rosemary**, **Sage**, **Parlie**, **Borage**, **Langdebele**, **red Fennell**, **Borell**, **Harts tong**, **Bay-leauſe**, **Buglosſe**, **Scabias**, **Marigold**, **Costmarie**, **Ribwort**, **Hentoſe**, **Linerwort**, **Fumitory**, of each a handfull.

Margerum gentle, **Basil**, **Spints**, **Champane**, **Woodbind**, **Pattence**, **Malterian**, **Endive**, **Wormewood**, **Veneropall**, **Cammomill**, of each halfe a handfull.

To make **Aqua vitæ**, chap. 18.

Take four gallons of strong Ale or wine lées, and put them in a vessel, & couer it well: then put to it thre or four handfull of Rosemarie, Veneropall, Linerwort, Harts tongue, or any other good hearbes, and stir them together twice or thrice a day, for the space of four dayes: then put them in a brasse pot, and stil with a temperate fire, soz els you burne your pot and loose your **Aqua vite**, which will stinke and looks red: Also, looke you keepe your water in a temper, and when it is very hote, let it out, and put in cold water againe into the upper part of the **Limbeck**, and so change your water as it war eth hote.

Take a spoonefull from vnder the spout, and light it with a paper, and if it burne cleane out it is good, else not,

How to make diuers necessary Oyles of great vertue, chap. 19

Olum Hipitici.

Take the tops of flowers of **S. Johnswort** that hath red myce, thre ounces, shred them small, & lay them to steep in sweet Wine, as much as needeth, thre dayes: then boyle them in a double glasse, close stopt, & preſſe out the liquor from them, which done ſoure times with ſtreſh flowers, and a littis more wine, if any be wasted, if not, take the wine the fourth time strained, put to it **Terebinthii** 3. ounces: of good **Oile**, 6. ounces, and of **Saffron** a ſcrupule, ſo let them boyle till the wine be consumed: which poured cleare out from the grounds, reſerve to be uſed.

It is hore and dry, and bluiding, wherfore it healeth the cuts and wounds of the ſine wres, taketh away the paine of the hips, thighes, and bladder, and helpeſt the wrene.

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Oyle of Rue. ¶ Ordaine of

Take blossoms and tops of Rue so many as you list, which small shred, put into some glazèn vessell, and poure out so much sweet Oyle as will couer them, and close shopt, let it stand in the sun, or in some other hot place sixt dapes: then boyle it, and being strained from the hearbs, take so many fresh hearbes, and vse it as aforesaid four or five times, and reserve it to vse, as aforesayd.

It is hote, opening, resoluing, and mittigating paine: it heateth the rynnes, bladder, and Matris, it taketh away the paines of them, and the Collick, if the belly be annointed therewith, or a glister made therewith, it is good for the sinewes, helpeth the Cramp, and putteth away cold humor.

Oyle of Dill.

Take the flowers and leaues of Dill, &c. as afore of Rue. It mittigateth paine, openeth the pores, pouereth sweat, resolueth vapors, impostumes, swellings and hardnes in any place, and if the backebone be annointed, it easeth the paines and growing of feueres.

Oyle of Elder-floures in the same manner.

It soupleth cleanseth the skin, helpeth the weaknes of the liver, and the stopping of the sain, and greatly asswageth the paine of the loyns. ¶ Ordaine of the Oyle of the leaves & flowers of Camomil, as of Rue & Dill.

It is good against the plurise, openeth the pores, resolueth vapors, correcteth the euyl quality of humor, and is good for the sinewes, and abateth the paine in auallions. ¶ Ordaine of the Oyle of sweet Milles, as aforesayd.

It comforteth a weake stomack, sties boone, moves appetite, helpeth concoction, and taketh away lothstomnes.

Oyle of VVortewood.

It is hote, and comforteth the parts that are too much-coold chiefly the stomack, pouereth appetite, taketh away obstruitions, and killeth wormes.

Oyle of Rosey and of Rose buds.

It is good against inflammatiōns, it coolēth the burning and boylēng of the stomacke, and fretting of the bowels, if it be given in ghee, and to anoint the teeth, it taketh away the ache,

Of the Oyle of Violet flowers.

It is good against al inflammatiōns and heate.

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To make Oyle of Earth-wormes,

Take of Earthwormes halfe a pound, of god Oyle two pounds, of sweet wine two ounces: boile al together vntill the wine be quite conuent, then straine it and keepe it. A short time after this
This Oyle is good for the fynes that are cold, and helpeth the
payne in the loynes.

Oleum benedictum.

Take of Oyle two pounde, Sforax, Calamit, Labdanum, Olibanum, Saffron, Gum Arabich, Padder, gins of the Iule tree, Aloes, Succotrine, Passick, Cloves, Galngale, Sianamon, Nutmeggs, Cubes, two ounces, Gum Elamis a pound, Spirre Balsam halle
an ounce, Galbanum sixe ounces, Spike an ounce, rosin of the Pine
tree, Armoniak, Opoponax two drams: beat al to powder that is to
be beaten and mixid it with the Oyle, and put all into a siluer or
glasse, with the head and receipt so closed that no ayre come out, set-
ting your Limbeck upon a soft fire twelve houres, encreasing your
fire from fire howers to fire, till all be stilled. This done, beat all the
residencie in the bottom of the Still to fine powder, & with the same
Oyle distill it the second and third time as afores, and it shall be as it
were Balme.

It is good against Crampes, Palsies, paines of the loynes, colde
Catars, greefe wounds, & blisters, it comforteth the spirite, openeth
obstructions, one drop in the eare helpeth the hearing: A rosetake
dipped in it and laid to the Temples, helpeth the Pegrin, and take it
away the swimming of the head: an ounce in sweet wine drinke
dayes together, curreth the disease of the Lungen and the quartaine
Feauer. If you giue a spoonfull with wine thirtie dayes with a little
powder of Piony rotes, it helpeth the falling sicknesse: so that if the
coronal commissure be also anouated, it easeth the payne of the strench
Poxes, and is good against the stinging of any venomous beastes,
and for all diseases of the eye blos.

To make Conserue of Rosies, or other flower s. chap. 2 C, 111

Take buds of roses some what before they be ready to spread: cut the yede part of the leaues from the white, and beat any grinde
them in a stone myller with a pessle of mode, and to every ounce of
roses, put three ounces of sugar in the grinding. After the leaues
are well beaten, and grinde them together till they be perfectly incor-
porated, then put it into a glasse made of purpose, or els into an earthen
pot.

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pot, stop it close, and so kepe it. Thus yee may make Conserues of all kind of flowers commonly used for Conserues.

The vertue of Conserue of Roses.

Conserue of Roses conforteth the stomack, the heart and all the bowels, it molieth and softneth the bellie, and is god against black Choller and melancholie. Conserue of white Roses doth loose the belly more then the red.

To make conserue of Violets. chap. 21.

Take the flowers of Violets, and pick them from the stalk, beate and grind them with suger as you did your roses: to these put double the weight of suger to the weight of Violets, but to all flowers put three parts of suger to one part of the flowers.

The vertue of the same.

Conserue of Violet flowers is god against the heat and inflammation of Choller, called yellow choller, it quencheth thirstinesse, it maketh the belly moist and soluble.

The vertue of conserue of Bugloss. chap 22.

Conserue of Bugloss flowers conforteth the heart, it is god for the scantick, and for the melancholy: it is god for the Sincop and sowring, it taketh away heart-burning, and trembling of the heart or stomach, it profiteth against choller.

The vertue of conserue of Borage. chap. 23.

Conserue of Borage flowers is of like vertue, it is especially god against blache Choller or Melancholie, it also maketh one merry.

The vertue of conserue of Rosemary. chap 24.

Conserue of the flowers of Rosemary, conforteth the colde and moist braine, it conforteth also the sinewes, it is god against melancholie and feare.

To keepe Cherries condic, or Gooseberries. chap. 25.

Make your sirrop as for Plummes, then take halfe a pound of Cherries, and cut off halfe the length of the stalk of every Cherry, put them into the sirrop, and use them as you did the Plummes, put in what spice pleaseþ you, and so keepe it as before is written: but make your sirrop strong enough of suger, lest it ware boze and corrupt: then must ye make a new sirrop stronger of suger, & put the Cherries in it to keepe, as before is said: Thus may ye do with Gooseberries to make of them Tarts or saues all the yere long, saving that Gooseberries

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berries may bee well sodden without breaking, because of theyz
rough skinne, so it be softly and diligently done.

To make a Conserue or Iellie of Quinces, after my Lady
Gray Clements sort, vnstrayned. chap. 26.

Take sixe pints of faire water, put in a faire vessell, put thereto
the whites of sixe egges, and with your hand all to beate the water
and the egges together, till you shall see your liquor rise with great
some: then put into your liquor sixe poundes of suger to sixe pints of
water, that is halfe measure, if ye make it at Michelmas, or at Hol-
lantide: after that, sixe pounds and a halfe of suger will serue sixe
pintes of water. Therifet your liquor, egges, and suger on the fire,
and let them seeth till the scum arise: then take it off and scum it cleane
and set it on the fire againe, and scum it still, as long as there will
anie soule thing or scumme arise. Then put in twelue poundes of
Quinces with the coares taken out, so let them boyle softly, and still
scum it if any thing doe arise: and when it beginneth to take redde,
lay a drop of it vpon a paper, and when yee find that it will stand vp
on the paper, then it is sodden enough: then take it off, and let it run
through a fine haire sune into your boxes, and with a spoone take off
the froth aboue, and this will keepe, but it must seeth soberly, and no
rash fire, but a continuall reasonable fire.

To preserue Quinces all the yeere, as it was vsed for
King Edward. chap. 27.

Take your Quinces and pare them, and seeth them in clere wa-
ter till they be tender, then put the water from them: then take Su-
ger, and put water to it, to a pound and a halfe of Suger, put halfe a
pint of rosewater, so seeth them together till it be thicke like a sirrop,
and seeth them all till they be boylone. Then take out the Quinces,
and let the sirrop seeth againe till it be somewhat thicke, as yee see
the sirrope of Greene Ginger. Then put in your Quinces againe,
and let them seeth three or fourre Paternoster whiles, then take the
from the fire, and put them in a stone pot, or a little vessell of wood,
and thus keepe them all the yeere: If you list to put Minammon, you
must put to every fine pound of Suger one once of Minammon, and
if you haue no sroe of rosewater, ye may make the same sirrope of
running water, but it will not be so pleasant as rosewater, but it
will doe very well.

To make Quinces in sirrop. chap. 28.

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Take thirtie Quinces, and take out the coares of them, and pare them, and euer as they be pared, cast them in faire water, when they are all pared, take a pot of faire water, and put your Quinces in it, let them seeth till they be so tender that yee may put a strawe or rush through them: then take to your Quinces five or sixe poundes of Suger, and take some cleane water, as much as yee thinke will couer your Quinces, and put into this water your Suger, and soure or five whites of Egges all to beaten, so that there may rise vpon them a froth. Then put them so dressed into your water with Suger, and let that stande vpon the fire till it hath sodden a wallop or twaine. Then take a peece of a woollen blanket, and poure this water thorugh with suger and all: then put this water into a faire pot, and the Quinces together, and let them seeth till your Quinces bee very tender, and euer as there riseth any white or any thing, scum it off cleane. Then take out your Quinces, and let your sirrope boyle till a spoone will stand in it, and when your sirrop is cold, put in your Quinces and stoppe it close, and within three dayes looke vpon it againe, and if the sirrope ware thicke, take more water and Suger, and dresse it as afore witten, and when you haue put it thorugh a cleane cloath, then take the Quinces and the new sirrope, and put altogether, and let them seeth a while: then take out your Quinces and let the rest seeth till it come to a sirrope, and when your sirrop is cold put your Quinces in, and so keepe them all the yeare, but before that your sirrope be thicke enough, or els it will marre all: you may not put in your Quinces at the second seething, till your sirrope bee somewhat thicke, for they be not put in to seeth, but to soake out the watrines of the first sirrop, and therfore they may seeth but a little while of the second seething.

To make conserue of Damsons. chap. 29.

Take Damsons and wath them in faire water, and drie them with a cloth, and put them in an earthen pot, and fill your pot with them, and couer your pot with a peece of past, and put your potte in an emptie Ouen, which was filled with bread & then put in your pot after the bread is out, & stop it very close, & let it stande soure houres. Then take it out, and put your Damsons in a peece of thicke Canvass, and let the liquor that runneth from thē, come into a faire pan, and in any wise breake not the Damsons that be in the cloth to bane

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more liquo^r, for you must haue no liquo^r but that which commeth
from them. Then take a sayre boylng pani, and put your liquo^r in it
and put to it as much beaten Suger of the finest, as yee thinke will
make it sweete, and seeth it vpon a quick fire, and when ye thinke it
is enough, take a sawcer, and with your stirring sticke let a dropsall
upon your sawcers side, and if it be enough it wil be somewhat stiffe.
Then take it from the fire and put it into your boare, also you must
stirre it still.

To preserve Damsons. chap. 30.

You must take for every pound of Damsons halfe a pound of Suger.
First make your sirrope with suger and rosewater, and when
you haue boyled it a while, then put in your Damsons, so that they
lie not too neare together, so let the boyle till they be red at the stome,
then take them out, and put them in a platter & then put in more to
the same sirrope, and let them boyle as the other did: and when they
be all boyled and cold, close the skimmes as close as ye can, and poure
on the liquo^r being hote, and so let them stande a while or euer that
you put them into the glasse.

To make Wardens in sirrope. chap. 31.

Take Wardens, and cast them in a faire pot, and boyle them till
they be tender, then take them vp and pare them, and cutte them in
two or thre pieces, and take powder of Synamon a good quantite,
and put it in redde wine, and straine them, and cast thereto Suger.
Then put it in an earthen potte, and let it boyle together, and when
they are well boyled, take powder of Ginger, and colour it with saffron,
and looke that it be poynct and dulcet.

To make Pranes in sirrope. chap. 32.

Take Prunes, and put Claret Wine to them, and Suger, as
much as you thinke will make them pleasant, let all these seeth to
gether till ye thinke the Liquo^r looke like a sirrope, and that your
Prunes be well swollen: and so keepe them in a vellell as yee doe
greene Ginger.

The vertue of conserue of Succorie. chap. 33.

Conserue of Succorie is good against yellowe and blacke Chol-
ter, and for the burning and heate of hote feauers.

The vertue of Conserue of Elderne floures, chap. 34.

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Conserue of Elder is good against the Morphew, it cleanseth the Stomacke and the whole body from scabs.

Gateler the clusters or bunches whereon the flowers grow, when they are newe blowne or spred, lay them vpon a faire shete abroade in a chamber a day or two, till ye shall perceiue the flower wil shake off and fall away: then pick them cleane, and make thereof conserue as you doe of other flowers.

And whereas it is neare wholesome then pleasant, therefore put some other conserue (such as ye list) amoungst it when ye will vse it.

The vertue of Conserue of Sorrell. chap. 35.

Conserue of Sorrell is good against all kind of heates of the Stomacke, and other principall partes of the bodie, and against yellowe Choller:

Take leaves of Sorrel, wash them cleane, and shake off the water cleane, or els tarry till the water bee dyed cleane: beate them and grinde them with suger, as aboue and then keepe them.

The vertue of conserue of Maidenhaire. chap. 36.

Conserue of the leaues of Maidenhaire, is good against the sicknesse of the side, called the Pleurisie, and for all the diseases of the breast, and of the lights, and in all maladies of Melancholy, and against redde choller.

Take it as ye doe conserue of Sorrell.

To make conserue of Elecampana rootes. chap. 37.

Take the rootes of Elecampana, wash them cleane, slice them into peces as big as your thombe, seeth them in faire water till they be tender, take them vp and powne them, and drawe them through a haire sene: put thereto in the seconde seething the double or treble weight of suger and when the suger is perfectly incorporated, take it off, and keepe it.

The vertue of the same.

Conserue of Elecampana is a god comfort to the Stomacke, and the nourishing of the members, it maruelously looseth tough cleane, dissolueth and consumeth the same, by the siege it annoyeth it.

To make conserue of Acornes or Gladens, with the vertue of the same. chap. 38.

Take the rootes of yellowe flowerdelice, whiche groweth in moist ground, otherwise called flagge roote: wash them and scrape

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them, seeth them, and order them as ye doe of Clicampana, now last before rehearsed, and so keepe it. This conserue is good against all sickenes of the braine, and sinewes, and against al diseases of teame. Unto women it openeth naturall course and tearmes.

And you must generally learne, that in making conserves, fruits, and roots are made with fire and seething: Moreouer, the more Sugger and honey is put into them, so it be not pass thre pound to one, the conserue shall continue the better.

To make conserue of Strawberries, with the vertue of
the same. chap. 39.

Take Strawberettes one quartre, cleane picked and washed, set them on the fire till they be soft, straine them, put thereto two times as much sugger in powder as the weight of the Strawberries, put it in a glasse or earthen pot well glazed.

The vertue of the same.

The conserue of Strawberries is good against a hote luer, burning of the stomack, and specially in the seruent heat of an ague.

To make conserue of Cherries and Bar-
berries. chap. 40.

In like sort you must make conserue of Cherries, & also of Barberries, sauing that these require more Sugger then the other doe, which are not so sowze as they be.

Here is to be noted, that of conserue of fruits may be made Marmalade: for when your conserue is sufficiently sodden, and readie to be taken off, then seeth it more on height, and it will be Marmalade. Moreouer, some make their conserue, Marmalade and Sirrops with cleane Sugre, some with cleane honey clarified: some with Sugger and honey together: and after the opinion of some great Clarkes, honey is more wholesome, though it be not so toothsome as Sugger.

To make all kinde of Sirrops. chap. 41.

Take Boglosse, Borage, white Endive, of each one handfull, of Rosemary, Lime, Hyllop, Winter sauorie, of each halfe a handfull: seeth them (being first broken betwene your handes) in thre quartes of water vnto thre pintes, then straine it, and put in the liquor wholle Cloues an ounce, powder of Sincomon halfe an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, of Sugger

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Suger halfe a pound and more: let them saeth vpon a soft fire, well stirred for burning too, vntill it come to the thicknes of syre Honey then kepe it in Gally pots. If you put one pint of Malmeley in the second seething, it will be better, vntill it is perfect, haue syre graines of fine Muske in powder: stirre it among your syrope as yee put it into your Gally-pot, and couer it.

This syrope will last many yéeres, and is excellent against solwning and saintnes of heart: it comforteth the braines and sinewes, if it be vsed as much as a Hazel nut at once, at your pleasure.

A Violet powder for woollen Cloathes and Furres.

chap. 42.

Take of Greos two ounces, of Calamus Aromaticus, three quarters of an ounce, of Cipres, of Galingals, of Spikenal, of rose leaues dried, of each a quarter of an ounce, of cloves, of Spike, of Lauender flowers, of each halfe an ounce, of Nigella Romana a quarter of an ounce, of Beniamin, of Hosteria calainis of each halfe an ounce, let them be all finely beaten & searced. Then take two or thre graines of Muske, dissolve it in rose water, and sprinkle the water vpon the powder, and turne it vp and downe in the sprinkling, till it haue dyunk vp the water, when it is dry, keepe it in bags of silke.

A sweete pouder for Napery, and all lianen cloathes.

chap. 43.

Take of sweete Mariorum (that which is hoary is the sweeter) when it hath in hym seeds ripe, cut the branches, so that the roote may spryng againe: when the Mariorum is dryed, then rub out the seedes, and keep them to solwe about Easter, and the huskes and leaues that grow about the seeds take for your purpose, rub the small. (for if you beat them to pouder in a morter, they wil lose the most part of their savor) then take of white Saunders, or gray Saunders, but looke that they be new, of right sweet odour, for if they be old and haue no pleasant and quicke odour, they are nothing worth. Take (I say) of these sweete Saunders beaten into fine powder, an ounce, and put it into an ounce of your sweet Mariorum, rubbes between your hands, as besore is salde, and if you put one or two graines of Muske therevnto for your wauing Linnen, it is the better: solwe these vp in a silk bag together, & lay it among your linnen: of such bags haue a dozen.

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or two, which there will continuall many yeeres, and when you looke to your linnen, then chasse each of the bagges betweene your hands that they may yeld out their sweet odour. Moreouer, in the Sommer time gather redde roses in faire weather, so soone as they be blowne and opened, lay them vpon a table, a bedde, or faire floore of boarde, and strawe and then remoue them, least they molde and ware sustie. When they are dry, piske off the leaues, that you may haue twē pecks of them, then strawe them among and betwēne the boughts and soldings of your linnen, with one handfull of dry Spike flowers to sixe handfulls of dry roses, and lay your sweet bags amongst them. Be sure that your linnen be ever through dry ere ever ye lay the vp, or else the roses will ware boze: set your cosser in a dry ayre, and in the winter time or wet weather, when you perceiue your roles to ware moist, then put them in a pillowbore or twaine, that they fall not out, and lay them vpon your bed betweene the couerlet and the blanket all night, or els before the fire, let them dry and straw them againe. Moreouer, ye must alwaies haue a bagfull of dry roses in boze, kept in a dry ayre: for if he loose his rednesse, then looseth the rose his sweetnesse. Finally, you must every yeere put away your old roses, and occupie new, but keepe your sweet bags still manie yeeres.

To make a Pome-amber. chap. 44.

Take Beniamin one ounce, of Sotor, calamite halfe an ounce, of Labdanum the eight part of an ounce, beat them to powder, & then put them into a brazen ladle, with a little Damaske of rosewater, set them over the fire of coales til they be dissolved and be lost like wax, then take them out and chasse them betweene your hands as yee doe waxe: then haue these powders ready finely searched, of Sinnamon, of cloves, of sweet Saunders, gray or white, of each of these three powders halfe a quarter of an ounce, mix these powders with the other, and chasse them well together, if they be too dry, moisten them with some of the rosewater left in the ladle, or other: If they ware cold, warme them vpon a kniues point over a chafindish of coales: then take of Amber-greece, of Muske and Ciuet: of each thre graine, dis solve the Amber-greece in a silver spoone ouer hoare coales, when it is cold make it small, put to it your muske and ciuet: then take your Pome that you haue chased and gathered together, and by little and little (with some sweete water if neede bee) gather vp the Amber, Muske, and ciuet, and myre them with your hand, till they bee perfectly

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fectly incorporated, then make one ball or two of the lumpe, as yee shall thinke good, for the waight of the whole is aboue two ounces, make a hole in your ball, and so hang it by a lace.

If you perceiue that the ball is not tough enough, but too brittle, then take a curtesie of Storax liquida, and therwith temper your ball against the fire, but take not too much Storax liquida, because it is too strong. O the better way is to haue some Gum, called Draganthum ready dissolved in sweet water, it w^ll be dissolved in two daies, and with that gather your ball with the heate of the fire: this ball will be of like goodnes within as without, and of great price.

Some men put in the making heere of thre or four drops of Oyle of Spylke, beware of too much because it is very strong.

When you w^ll haue your ball exceed in sweetnes, breake it and haue tw^s or three graines of Muske, or Civet, or Amber-gra^ce, as you delight in, or altogether dissolve them in Rose or Damaske water, and with the same chase your Ball over the fire, till it bee drunken in, then pearce a new hole, as before,

To make a fine Fumigation to cast on the
Coales. chp. 45.

Take of Benjamin one ounce, of Storax Calathite half an ounce dissolve them as so^r a Pomeamber: then haue ready these woodes, powders, or one of them, Ginger, or Cypres, or of white Saunders, and cloves, of either halfe a quarter of an ounce, all in fine powder: mire them altogether, of either halfe a quarter of an ounce, all in fine powder: mire them all together, and with some Storax liquida gather them together with the heate of fire: then make them round, of the bignes of a blacke sloe, & with your seale print it a cake, while it is warme and soft.

Of these cast one or two upon a chafingdish of coales; to purge all pestiferous and corrupt ayre out of your house: if you put to the other things the powder of Amber beads, it will be the sweeter. Some put also Labdanum, as before said in making the Pomander, herein do as the sauour shall please you.

To make the same in Oslets. chap. 46.

Take a little of fine powder of Sallowe, of Willowe coales, mire with it some of your fumigation last before named, in the making, worke them well together, then fashion it with thre or four siete, like a Clove, and when it is dry, kindle the end of it at a quicke coale, and it will yeeld a sweete sauour: put not too much coales

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for then it wil sauour of them put not too little coales, for then it wil not keepe fire, put not too much Storax liquida, for then it wil be too brittle and too moist, and will not lightly dry: therfore it shal be very well to haue some Gum of the Cherry-tree, or Plum-tree, which they call Gum Arabick: dissolve some of it into sweet water, till it be liquid and tough: with this gather your Oselets, or other Fumigations.

A moyst fume vpon a Fuming dish. chap. 27.

Take a peece of Pomeamber, as big as a Hazel nut, bruse it, put it into your fuming dish, with sweete water: put therevnto a fewe Bay leaues, as much of dyed Hazel leaues, a little rosemary, and set it ouer the fire vpon a cupboard, or else in stead of the Pomeamber, put two or three of the Cakes before witten, broken small, and nine or ten whole Clones: and if you will haue it excellent sweet, then put one or two graines of Muske, and let the leaues and them stand ouer the fire together, as before is said.

A Fumigation for presse and cloathes, that no Moath shall breed therein. chap. 48.

Take of the wood of Cypres, or of Juniper, of rosemary dyed, of Storax Calamite, of Beniamin, of cloves, a like waight, beate into fine powder, then take of the powder of Wormwood leaues dyed, as much as all the others, mixe them well together, cast thereof vpon a chafingdill of coales, and set in your presse, and shut it close: and thus doe oftentimes, till you haue well seasoned your presse or coser.

A perfume for a Chamber. chap. 49.

Take rosemary, sweete Mariorum, Bayleaues, of each a handfull, a peniwoorth of cloves, Vineger, and rosewater, a sufficient quantity, boyle these in your perfuming pot, whiche smell is sweete and wholesome.

A perfume of Damaske. chap. 50.

Take Storax calamite five ounces, Beniamin, Labdanum, four ounces, Synamon one ounce, Muske four ounces, cloves a dramme, rosewater halfe a pound, stampe them together, and when you will occyde them, put them into your perfuming pan, and boyle them.

An odiferous sweet ball against the plague. chap. 51.

Take Storax, Labdanum, of each a dram, cloves halfe a dram, Camphire halfe a scruple, Spikenard a scruple, Nutmegs a dram,

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¶ all these make a past with Rosewater, tempered with Gum Drogant and Gum Arabick, stirring and bruising them well, of this past make your balles, and warme them.

An odiferous white powder. chap. 52.

Take Iris elect three ounces, White Sanders two ounces, Damaske Roses, Lignum Aloes, Benjamin, Cipri Aleand. of each two ounces, Muske four graine, Civet three graine, beate and list them by themselves, and incorporate them in the same me-
tar you beate thech in, and keepe it in a vessell well stopped.

A fine redde powder chap. 53.

Take Damaske roses two ounces, Sandali Attriti one ounce, Ligni Aloes, Ligni Alex. of each a graine, fine Muske three drams, Civet two drams: mire them and beate them, and keepe them toge-
ther, as before.

A sweet blacke powder. chap. 54.

Take Cipri Aleand. Ligni Aloes of each halfe a dram, Sandali Citrini, Damaske roses, of each on ounce. Cloues three graine, Muske three graine, and as much Civet, beate these together, and keepe them close in a viall well stoppt.

A powder wherewith to make sweet water. chap. 55.

Take the weed of Cipresse, or the roote of Galingale one quar-
terne, of Calamus Aromaticus one quaterne, of Drace or Iris one
quartern, of cloves one quartern, of Benjamin one quartene: or
ye may take of each of these cunce for a portion, let all be beaten in-
to powder, and when ye will distill your roses, fill your Still with
rose leaves, and a fewe Spike flowers, and vpon the top of some,
grow some of your powders, and so distill them.

Some put a little of the powder of Nigella Roman, to the other
powders.

These Cakes wil be ver y sweet, put the water in a large glasse.
and to the pot put twelue graine of Muske, let it hang in the mist
of the water, in a shyn linnen cloath with a thred, set it in the Sunne
twentie or thirtie daies, then take the glasse in, & set it in a drye ayre.

Conclusion and rules to be vsed in distilling, & the ordering
of each hearbe or Howre before they be
distilled. chap. 56.

First, a soft fire maketh sweet water, and the stowthnes to con-
tinue strong.

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Secondly, coales still the best water.

Thirdly, wash nothing that you will still, but wipe it with a clean cloath. Fourthly, all hearbes, flowers and seedes, must be gathered when the dewe is off them.

5 That which you will still, must lie at least fire houres before you still it.

6 Allspices corrupt your water, except Amber, Greece, Clouet, and Muske.

7 Scumme your water well.

8 Keepe your Still verie cleane.

9 Wash your Still, but not often, and then dye it with a cloath.

10 The Glasse still is best, the Tyme next, the earth not so good as the Tyme, and the Leaden is worst of all.

11 Tender flowers, as Violets, Gilliflowers, and such like, would be distilled in a Glasse.

12 All compositions must be stopped close before, and in stilling diligently weighed and measured.

13 Liquido waters must haue greater fire, the dry & light waters.

14 Still not your glaze too full.

15 Put store of Ashes vnder your Still, that your Still burne not.

16 Wipe the upper part of the Still often, but specially the ridge.

17 Dilgence in looking to all things.

18 Worage must be distilled; the hearbe with the roote chopped together.

Ysoppe, the leaues stripped from the Stalke, when it beares blew flowers.

Cinnamonill, the hearbe and flower chopt together in the middest of May.

Dill, the hearbe in the beginning of May.

Fumitory, the whole substance chopped, in the end of May.

Mint, either red or other, the hearbe, Stalke and leaues chopped, in the middle of May.

Roses, the flowers, cutting away the white ends.

Rosemary, the flower, bud, and leaues, stripped from the Stalke in May, in the flowring.

Sentorie, the hearbe and flowers chopped in the end of June.

Violets, the flowers in Aprill.

Woodbine, the flowers in the beginning of June.

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To make water of the same colour of the flowers
that you distill. chap. 57.

First, distill your water in a Stillitory, then put it in a faire glasse, and take the buddes of Roses, and cut away the white, and put the leaves into the distilled water, then stop the glasse, and put it into the Stillitory to still, putting herbes into the still for sake of burning, After this straine the water from the leaves, and scum it well.

A compound water to perfume gloues, or
other things. chap. 58.

Take Damask water double distilled, a pounde, Muske tenne
graines. Cluet three graines, Amber-Greece soure graines, beate
all these together to powder, and put it into the water aforesaid, and
stop it close, and bise it without any more stilling.

To make Damaske water. chap. 59.

Take Damaske Roses, and redde Roses, of each a handfull, let
them drye soure houres in the shadow: then take two drams of Lab-
danum, Nigella Romanæ, two penitworth, Ictos halfe an ounce,
Sotorer two drams, Cloues an ounce, Benianum, Calamus Aro-
maticus, Putmegs, of each halfe an ounce, Marjoram, Bazill, of
each halfe a handfull: bise the spice, and put it in Malmsey, or the
like thereof the space of soure dayes: then distill it and scum it four-
teen dayes.

Another maner of making Damaske water.
chap. 60.

Take of Arace, or Iris, of Hyske flowers dryed, of Clones, of
each an ounce, make them in powder, put them together, with a
pinte of newe Ale in Cownes, and one pinte of rose water in an ear-
then pot, put thereto a great many of greene rose leaves, let them
soake in a night time streched close: in the morning when you shall
distill first lay other rose leaves in the bottome of your Stillitory
for sake of cleaving too, then take of the rose leaves out of the pot,
and put them with other greene rose leaves in your Stillitory suffi-
cient, and to the water put Muske, as is aboue laid. this water is
excellent to set forth a Tart, or Apple Mysle, or Almond butter,

The Closet, or Treasurie,

To make a sweet Damaske powder soure
maner of wayes.

Take two or thre handfull of dried Roseleaves, two graine of
Muske, halfe an ounce of Cloues, and beate all these to powder.

2 Another way.

Take sixe ounces of Drage, soure ounces of Cloues, two ounces
of Storax Calamite, an ounce of Labdanum, with two ounces of
yellow Saunders, and a little Muske.

3 Another way.

Take two ounces of cloves, soure ounces of Sprunce, soure ounces
of Storax calamite, soure ounces of roses, three ounces of Ben-
jamin,

4 Another way.

Take three ounces of Cypres, soure ounces of Benjamin, two
ounces of Coliander or Labdanum, three ounces of Storax calamite
two ounces of Roses, beate all to powder.

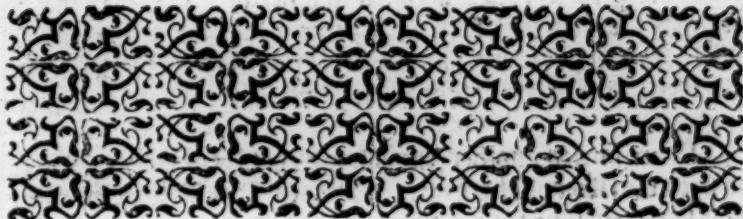
To make Pepper soft with the vertue of the same.

You shall doe this after the same maner as is shewed for greene
Ginger, in the 15: chapt. that is, with sand, and the like sirrope, sea-
son and keepe them. Ginger and Pepper in sirrope comforteth a cold
stomacke, and helpeth much to good digestion.

To keepe Barberries.

Take clarissed suger, and boyle it till it be thicke, whiche you
shall perceiue, if you take a little betweene your fingers, it will rope
like birdlime, then put in your Barberries, and let them boyle with
a soft fire, vntill you perceyue they bee tender: then put them in a
glasse and couer them, and so keepe them.

The



The knowledge of the names and natu-
rall disposition of diuers diseases, that most com-
monly happen to molest and greeue the bodies of
men and women.

Chap. 59.

E Lefancium, is an euill which is easie to be knowne.

2. Gout Cain, is *Morbus caducus*, that is to say, the fal-
ling sicknes.

3. Spulencia is the same euill, or very little difference.

4. Lytargium, is a perillous euill, for he that is therein, is alway
sleeping: for it hath beene seene, that a man in that euill hath slept
himselfe to death.

5. Squinancia, is an euill, that is in the throtebowle, and when it
taketh all the neck, it is a signe of death, except medicine helpe.

6. Sciatica passio, it is a passion that sitteth in the Wирrel-bone
of the hip, and holdeth his course betwéene that bone and the Ridg-
bone, and then falleth, but his abiding is most in the Wирrelbone.

7. Colica passio, is a passion that is in a mans Arse-gut, but it
hosteth into all the guttes, and into the flanke, but his most paine is
principally in the Arse-gut, and that stoppeth both wind and water.

8. Postema, is in diuers maners both within the skin and with-
out the skinne, ad within the body, for all maner of things that swell
beare out the flesh, & therfore all manner of Woyles, Botches, Fel-
lions, & other such like, may be called postema, as well as thole that
be vp̄s the stomach, or on the lunges: There be some that beare pro-
per names, as Peria plonna, the which is an impostume that is vp̄o
the lungs, that engendreth a passion, that is called in Latine Aspi-
ratio,

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ratio, or Respiratio : and it is called in English, hard drawing of wind : that when a man hath much paine to draw his wunde, which maketh the Lungs to be in paine, for it presseth downe the Lungs, and causeth them to bee hote and drye, and that maketh a man to cough.

9 Pleurism, is another impostume that lyeth upon the sides, and upon the ribs, and aketh soze. And hee that is so diseased, com- monly he is coughing : and the humor is red, and they be much wa- king, and may not welllie on that side.

10 Also there is an impostume, that is called in Latine, A mu- trix, and Antradic : and it is called in English a Fellon, and they be hotter of matter then the other that goeth out of Byles and Fellons when it is rotted.

11 Tuna is a white wastry Skall, and Acorias is a dry Skall.

12 Caries is in a manner of an impostume, that is like a Wart that bringeth forth a long haire, or two, or three.

13 Caries is the rooted head of a tree.

14 Derias a Wart. And Cictitis is called an impostume, as it is said beere before.

15 There is an euill that is called Riteria, and there bee two of them : that is to say, the blacke and the yellow : and especially the blacke, which commeth of the chassing of the Liver.

16 Also there is an euill which belongeth to women, that is cal- led Menses, the which is a flire of bloud : And there is another that belongeth to women, that is called the paine of the Matrice, which containeth from the Matrice to the private member. But the Matrice of it selfe is like a threene cornerd purse, as it may bee made in figure : And that hangeh by certaine stringes by the ribs, and by the inralles, and so it stretcheth downe to the private member, which is called the mouth of the Matrice. You shall understand that the Matrice hath in it selfe nine folds, which falleth like pleates of cloath, and in those pleates falleth the seede of man, and therem is it nour- ished, and therin is the child conceived, by reason wherof it might be possible that a man might get on a woman nine children at once, and if they were of such complexion that the woman might conceiue in every fold a child, and if it fortuned the seede of man to fall even in the pleates,

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pleates, as it may fall: And if it falleth on the one side it getteth a manchilde, & if it falleth on the other side it getteth a woman childe, and if it fall even in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might know the great might and godnes of his secrets.

17. Also, there is a malady that commeth of the childe's birth, and that is when the child commeth forth, there commeth therewith a skinne, the which is engendred of the seede of man: And it lieth in the Matrice, and it is deuided in two parts, whereof one commeth to cleane blood, and afterward engendreth to a peice of cleane flesh: And then that flesh putteth from him a white thick matter, & that matter engendreth a skin, which skin taketh and windeth in the cleane matter aforesaid: and euermore as the childe soorth and wareth, even so the skin wareth with it. And the same skin is called the Secundine: and it keepeith the childe from many perils that shoulde fall thereto, if that were not: for it cloleth in the childe, like as the shell incloseth in an egge: for first the shell of an egge was a skin in the beginning of the egge: Wherefore, in this case the skinne is called the Secundine, for it beareth vp the Child: and when this Secundine is any thing pearced or hurt then is the childe borne before his time. This Treatise is drawne out of a Chapter called Gilbertus, which saith that there be fve principall thinges that hindereth the birth of a Childe. Whereof one is, when the woman with childe is very soore wrought and angry. The second is, when she is smitten with a stasse. The third, is over much fasting. The fourth, is a great fluse of her wombe. And the fift, is a fall vpon the wombe: For all these thinges hurt the Secundine, and maketh the childe to bee borne too soone, which destroyeth both the woman and the childe: for then the woman is not kindly purged of the Matrice, and then is the Secundine euill for to heale: and if it be not well taken away of the Mid-wife. And except shee doe her endeour well, then it will rotte, and makes a woman great as though she were with childe.

And then there is another disease, that is, if it fortune that the childe be dead in the wombe, that hath a proper name in Latine, and is called Fetus, of what kind soever it be, & if it be dead it may be said so, and in English it is called a dead childe: wherefore all manner men

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I charge in Gods name to take heed whatsooner ye be that read this Treatise, that ye blaspheme not, nor despise this, being the works of God, whereby ye may plainly understand how ye were brought in to this world.

18. Also there is another malady, that is named in Latine Caminus appetitus, or Morbo Camino, that is, when an unkindly heat is in the stomack & in the body. And so the moisture that shoulde be in the stomacke, sumeth away, and the heate bringeth vp the moisture, and he that hath that malady is very coltie.

19. Also there is another malady that is called in Latine Etica passio, that is, an euill that maketh a man to dry and vanishe away: And in English it is called the drynesse: howbeit the proper name thereof is Etich, and the man that hath that sicknesse shal consume away, but yet he shal be euer eating, and it is the very tokens of mortall death.

20. Also there is another disease properly called in Latine, Fluxus ventris, which may be understood in English, all manner of flesh wombed people, other wile called the bloody fluxe.

21. Also there is another Flurc, called in Latine, Lienteria, this is a flurc of the wombe, and this commeth when the Stomacke is all slipper, and the matter goeth away undesed.

22. Also there is another that is said in Latine, Descenterium, and that is when the guts make squamles in the manner of shauing of guts, and no other as men shal heare after.

23. And there is another disease that is called in Latine Thenasmon, and that is even contrary to that before, for Thenasmon is, when a man is very coltie and hard wombed.

24. Also, there is another infirmitie that is called in Latine Emorauades, and that is of great abundance of blood, and there will arise small teats, as it were warts, that will lie within the fundament vp on the gut, and without both.

25. There is another that is called in Latine Exitium, and that is the going out of the fundament, for the gut of the fundament will goe out, and that is a soze euill.

26. Also there will come out of a mans nose much soule filth, and thereof great abundance, some like goblets of flesh, right in his kind, like as Emorauades will doe, and that is called in Latine, Polipus.

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27 Also there is another disease or maladie, that is called in Latine Malum mortuum, & the soze that commeth thereof is called in English a Mortmall, but knowe yee well, that his beginning is of a Melancholie in the bodie of man: and it is taken for one of the spieces of the Scab: and properly it commeth of a naturall melancholie, when it is putrified and corrupt of naturall melancholy, and in some men it is mingled with sawse sleame, and be both gendred together of too long vsing unwholesome meates: And sometime it commeth of the stopping of the Spleene. For when the spleene may not receave the Melancholie, then by his humors he is heauie of waight, & presseth it downward to the legges, and then beginneth the pushes to breake out, & they be called Malum mortuum. An other cause why it is called Malum mortuum, for it maketh the members as it were dead, or else that it were flesh: An it is called so because it is not so quicke in working as other sozes be, neyther in engendring of new flesh, nor mattereth not as others sozes do, but alwates is hote & dry: and moreouer, it will not away till a man die, except he be the moze warie, and it sooner taken haed to: For the Melancholie is the onelie causa thereof: And his colour is to be swarth, and as it were a partie blew, and hard: and commonly it is full of stenes and hards dead flesh, and there will goe out thereof in a manner of a red water like as if there had beene rawe fleshe washed therein: and it will close in many places, and when it is cloled in one place it will break out in an other: And when it is surely of the melancholie, the pushes will be blacke and blew, and the place will itch soze, and be full of dead flesch, and with sawse sleame it will itch: also it will be full of sozes and boyles arising therupon. Also take heed of his digestion, for it will be of great colour, and much quantitie of vrine and thicke. And know well that hee that suffereth it, an euill commonly hauntest him, that is called in Latine Dediamine, and al they which are infected with that maladie, there will appeare haires thereupon, as doth vpon a Leaper, but vpon this maladie the haire shalbe blacke, and vpon a Leaper the haires shall be white and redde: And a naturall knowledge and a true description are all these afore rehearsed:

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Diuers necessarie obseruations both Phisicall and Astronomicall, chap. 62.

Moreover, it is to be understood, that every moneth in the yeare, the Moone hath her course in one of the twelve signes: and in every signe the Moone is two dayes and a halfe almost. And yee shall know also, that the twelve signes haue government of euerie man and beast in the twelve parts of the bodie. And whiles the Moone is in certeigne signe, and if the bodie be let blood, or else wounded, or burnt, all the medisines that are cannot serue in that signe that hath the government of the place of the bodie, and it is marnell but that the bodie be soone dead, or else distraught for ever.

Aries hath the government of the head and face.

Taurus the necke, the throat, and the knot of the throat.

Gemini the shoulders, armes, and hands.

Cancer the breast, the stomacke, the ribs, the lungs, and the mle, in the upper part of the breast.

Leo the heart, the stomacke, and the ridge in the nether part of the breast.

Virgo the wombe, with the inralles, and the paunch.

Libra the reynes, the loynes, and the web of the skin, that conereth them, with the haunches, and buttocks.

Scorpio the priuie members, and the fundament.

Sagittarius the thyes.

Capricornus the knees and hammes

Aquarius the legges from the knees to the ankles.

Pisces the wistles and the scete.

Also it is to be understood, that a Laxatiue must bee taken when the Moone is in Cancer, or in Scorpio, or in Pisces, and when the wind is in the South, then is it best time to take a laxatiue.

Also if ye should assaile the medicine, make it in the signe retertive, as Taurus, Virgo, and Capricornus, and when the winde is in the North.

Also when he shall be let blood, looke that the Moone be in a signe attractive, and Aries, Leo, or Sagittarius. And looke that it be not in the newe Moone, neither in the old Moone too nigh the change. For in the newe Moone the blood is waxing, and in the old Moone the blood is waining, and therfore take a full Moone.

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Also if yee will glaue a digestive medicine for to defie any humors, glaue it whē the Moone is in a digestive signe, as in Gemini, Libra, or Aquarius: and if ye woxe by this teaching, yee shall do much the better, or els it will not goe by reason.

Also, beware, in these dayes in letting of blood, that is to say, in the Canicular dayes, the which begin eighteene dayes before Lammas vntill xxxv. dayes after Lammas, for they be titled in the Lialender. It is to be understood, that every day beginneth at high noone, as the Sunday beginneth his first houre on the Saterday before alternoone. And the Sunday, after the day, beginneth before the Sun rising at every day. It is to bee understood in the Sunne rising of evry day in the first houre of the Planets: as to account after the Planet, the which Planets the dayes were marked in olde time. For in Latine & French they haue taken their names kindly after the Planets, but in English not so. Sunday taketh his name of the Sun. Monday of the Moone. Tuesday of Mars. Wednesday of Mercurie. Thursday of Jupiter. Friday of Venus. Saturday of Saturnus. And in this order yee shoulde account the houres of every day by the Planets. If it be Saturday, the houre of the Sun rising, which that day gouerneth by Saturnus, the next day after by Jupiter. And so in order recken out the seauen Planets. And rise as oft as needeth, vntill the fourteene and twentie houres be fully spent. And this is the curse of all the Planets of all the yere. And if ye be let bloud, then looke that ye bleed in a god Planet, with the signe that ye be taught to blode in. Jupiter and Venus be good Planets to bleed in, and Saturnus and Mars be naught: and the Sun and Moone and Mercurie with good signes they be good, and with badde signes they be bad. They be called good signes that be sanguinious, and they that be Melancholious be called bad signes: and they that bee Cholericke and Flegmaticke standeth in meane: And therfore beware and keepe your rule, as it is said before.

The Closet, or Treasurie,
Certaine secrete remeades appertaining to Women.

To make a woman haue her flowers. chap. 63.

First looke that the woman be not with childe: then take of the roote of Gladens a good quantitie, and boyle it in Wineger, or else in wine till it be tender: and after set it on the ground in a vessell, that the woman may stand ouer it, and let her stand close ouer it, so that the heate may strike vp into her body, and this shall helpe her: for this faileth never. Probatum est.

For the suffigation of the Matrice, and for the falling
of the same. chap. 64.

Take Asphaltum, that is, Carte of Indie, and cast it vpon the hote coales, and let the woman receive the smoake into her mouth, and into her nose, and it shall drue the Matrice downe alone.

For sore falling of the Matrice. chap. 65.

Take the same powder alsoresaide, and cast it on hote coales vnder a siege stole, and let the woman sit ouer it, and stewe her with the same, and top the siege stole close with cloathes, so that there goe no ayre out, and it shall drue the Matrice presently, the sauour thereof is so effectuall. Probatum est.

For the Flowers to be brought out shortly. chap. 64.

Take the roote of Gladens and make it cleane, and shred a good quantitie there small, and put in an earthen pot, and put thereto a god quantitie of Vinegar, as need requireth, and then take a couer and couer it close with paste, but let there be a hole in the middle of the couer, and the couer bee of a dish meete for the pot, and let the hole be no more but to put in a quill. And all the while that it is boiling, let that hole be stopped with paste, that no ayre goe out, vntill that time that the rootes be soft. Then take it from the fire and let it coole till the great heate bee past, so that the woman may suffer it: and looke that you haue a chaire with a siege, then take a quill for a pipe that is fit for the hole of the dish that conereth the pot, and vnslop the hole, and put in the pipe, and set the pot vnder the siege, so that the pipe may come vp thorow the siege, that the woman may receive the other end of the pipe into her bodie, as warme as shee may suffer it, so that the heat may strike vp into the Matrice, and it shall open the Matrice, and shee haue deliuerie right sone; and as sone as shee knoweth that it commeth, doe it away, and shee shall be whole by the grace of God.

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For the Mother rising vpward.

chap. 67.

Take halse a pinte of Malmesley, and sette it vpon the fire in a
peece, and dissolve therein 3 s. of Assafetida, and let it stande so vpon
the fire the space of two Creedes sayng, and then give this to the
woman to drinke, and it will put downe the Mother presently.

For the Mother that is eth vpon a man.

chap. 68.

Take Ambrose, called wide Suger, and bise it in the Sunne,
and make a powder thereof, and when the Mother riseth vp to the
heart, give him to drinke a quantitie of that powder with a little
warme liquor, and it shall hold anone.

To bring forth Termes. chap. 69.

Take Organum and boyle it in Wine, and emplastrer it to the
privie member. Also take Cotten and wette it in Turpentine, and
make a Suppositorie. Also take Calamint and Penitroyal, and boile
the same in Wine, and let her drinke thereof. Also take Parsnip,
and Astrolia longe, and boyle them in wine, and give the sickle to
drinke, or els make a Suppositoy, and it taketh away the ache of
the Matrice, and speedily bringeth sooth the Secundine and prouo-
keth the Tearmes.

Another,

Stew her with these hearbes, Organum, Calamint, Savine,
Mader wort, Penitroyall, rootes of Lillie, and Madder, and make
a Pissary. Or else Magdasion, and put it in a strong linnen cloath,
and put it in her Fundament.

Also, take Oyle that a Goode is sodden in, and make Supposito-
rie, and it maketh pronunciation anone.

Also take Garlick and stamp it, and boyle it in Oyle, and put it in
a bagge of linnen cloth, and thereof make a Suppositoy.

Also Synamon and Myrrhe boyled in water, and drinke, putteth
away the Secundine.

Also, take Oyle that is made of Lillie, and give to the woman to
eate with bread, or a Suppositoy made thereof, there is none like
thereto in all manner kinds to helpe the Matrice.

The Closet, or Treasure,

Also for feare least the mouth of the Matrice were hurt with any thing, with any anointing: Take Oyle of Bay, Oyle of Sulphur, or oyle fustill that groweth on an Oak, and therewith annoiint the place.

A good bath for the Flowers proued. chap. 71.

Take Savine, Juniper, Calamini, Penitroyall, Motherwoorth, Peritozie, Peliter, leaues of the Bay tree, and boyle them together in water, and bath the woman therein many times, and shee shall haue her termes at her owne mind and will.

Also take an Egge and rest it soft, and put therein Arsafetida, and let her sup it vp when she goeth to bed, and shee shall speed anone,

To bring forth the Secundine, and to cleanse the Matrice. chap. 71.

Take Mallowes and Holibocke, Wormewood, Mugwort, Calamint, and Organum, and make her a bath with water, and let her sit therein abone the Nauell, and let her strike euer downe-wardes with her handes, and it will helpe.

Item for the same.

Take a Goates skinne with the clawes and the hayre, and cut it verie small, and cast it into a fire of Charcoale made in a pan vnder a siege chayre, and let the ayre smite vp into her body, and shee shall haue helpe.

For the same.

Take Castor, 3 f. Enforzium, 3 s. and make them in powder, and take of the gall of a Bull, 2 f. and of the iuyce of Rue, 1 f. And mingle them together, and then put thereto the powders aforeraide, and make a Suppositori y of Cotten, and wet it in the confection, and put it in, and it will bring sooth the Secundine, and prouoke the Menses.

Another.

If a woman haue good purgation in her chylbed, let her drinke the shewing of Hearts boorne in wine, and it will doe her easie.

To cease a womans Flower. chap. 72.

Take the iuyce of Plantine, and put thereto the powder of Bole-Armoniack, and mingle them well together: then take Cotten and open it broad, and wet it in the confection, and make thereof a suppositorie, and it shall cease the flurie of the Matrice.

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To bring forth flowers, and the Secundine, and a dead child. chap. 73.

Take saire Dates and seeth them in faire water whyle they bee well sodden, and then take the water and make thereof a bath, and let the woman sit therein vp to the heart, and bathe her well in that water, and it shall bring forth her termes, and the Secundine, and deliuer her of a dead childe, if she haue any in her wombe.

Another for the same.

Take Aunce, and seeth it in WINE, and make a plastrer, and lay the same vpon her Pauill. Or else take the croppes of Aunce and seeth them in WINE, and make thereof a Suppositoie, and it will doe the said cure.

Another for the same.

Take the iuyce of Dittaine, and mingle it with powder of Castor, and make a Suppositoie with Cotten.

Another for the same.

Pill a cloue of Garlick, and put it into her, and it shal bring forth her flowers soone: or else seeth Garliche, and let her sit in tha: water vp to the nauill, and soke her well therein: or else make a Suppositoie of Garliche sodden in oyle.

If a woman haue too many flowers. chap 74.

Take the foote of an Hare, and put it in a newe earthen pot, and burne it to powder, and let her drinke of that powder with warme ale, or with warme wine vntill it be ceased.

Another for the same.

Take the middle barke of the Cherrie tree, & put away the gray barke that is without, and take the greene barke and stamp it smal, and give it to the woman with a little warme Ale to drinke, and it shall stop the flowers. Probatum est.

Another for the same.

Take the iuyce of Bursa Pastoris, and the powder of Sanguis Draconis, and make a Suppositoie thereof, and it shall cease.

For to cleane the Matrice. chap. 75.

Make a Suppositoie of Cotten, and amoynt it with Turpentine, and it cleuseth the Matrice of corruption.

For to cease flowers, and for faintnes and casting in child-bed. chap. 76.

Take the leaves of Birch, and make small bundels therof, & seeth them

The Closet, or Treasurie,

them in Winegar, and make a plaister therof and lay it to her share, and to the reines, and if discenterie be in default in the vpper gutte, lay the plaister upon her stomacke.

Powder of Holland against the Collicke, and the gnawing of the belly. chap. 77.

Take **S**inamon, Annis seede, Fennel seed, **C**ommunseed, of each a quarter of an ounce, of **S**haven Liquores three quarters of an ounce, of **G**alingall, one ounce and a halfe, of **S**picknarde a quarter of an ounce, of **H**eene of **A**lexandria, two ounces: beat them into fine powder, and serue them, whereof take a quarter of an ounce in a messe of pottage.

Powder to make the belly soluble, causing a gentle laske: easie for any one to take. chap. 78.

Take **H**eene of **A**lexandria one ounce, of fine **G**inger halfe a quarter of an ounce, of **A**nnis seed a quarter of an ounce, beate them into fine powder, and put them into sodden **S**uger, and make loslings (as before) of the whole, the number of **S**ixtene, whereof dissolve two of them into a messe of pottage, or in a cup of **W**ine, fasting in the morning, and last an howre after. If you do put as much **S**uger in powder, yee may keepe it in a bladder, and the whole powder will serue eight times to receaue: as even now is sayd.

A receite to restore strength, in them that are brought low with long sicknes, chap. 79.

Take of the **b**rawn of a **F**easant or **P**artridge, or of a **C**apon sodden or rostten of each a quarter of an ounce: stoepe them in Rosewater two howres, of the kernels of **N**uts, called **P**istatorium, and of the kernell of a **P**ine Apple, of each a quarter of an ounce, of **S**inamon in fine powder the weight of twenty barley cornes, of the spices of **D**ianthos, **D**iamargariton, **L**etifcentes, **G**alen, of each the weight of fortie graines of **B**arlie corne, of the seede of **M**illon, **P**epon, **G**ord, and **C**ucumher, of each the weight of tenne graines the shaine taken of, let them be all grounde small, then take sixe ounces of **S**uger dissolved in **B**oarage water, seeth it on height, as for loslings, and when it is sodden enough, then put in all the other, geare, and make **L**oslings therof. Whereof one is sufficient at once dissolved in a messe of pottage, or a draught of drinke. Thus doe two or thre lines every day.

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To make Loosings. chap. 80.

Take halfe a pound of Sugar, and as much Rose-water or other distilled water, as fo: Manus Christi, seeth them likewise, & when you will knowe when it is sod enough, take out some vpon a kniues poynt, and let it coole, and if be hard like Sugar, then it is sodden enough. Then put into it powder of Ginger, Synamon, or Nutmeg: Stirre them well together, lay it vpon a paper oyled, drine it as thinne as ye thinke meete, lay on your gold lease with a Connies taile, cut your Loosings Diamond fashion, and so keepe them.

To perfume Gloues. chap. 81.

Take the Gloues and wash them in the Rose-water, or Damask water, till the scurfe of the Leather bee gone, and then stretch them sooth softly, and keepe the water you wash them with still, then hang them vppre to die, and then lay them in a linnen cloth, that is folded thre or four times double, and when they bee drye, let them lie in Rose-leaues dryed a day or two, then take oyle of Cinct, Almonds, and Muske, and grinde them together vpon a Marble stone, stretch them sooth softly, and with your hand amoynt your gloues thre or four times, and ever among stretch them sooth as they drye. Then take Sandiver mixed with a little Amber-Greece, and stroue the powder of it thinly vpon them, and lay them in a paper, and in a box: or els melt the Amber-Greece in a quantitie of Rose-water, and mixe them drye, and lay them in faire white paper.

2 To perfume Gloues another way.

Take the Gloues, and wash them as aforesayde, thre or four times, and wring them euerie time softly: then take Gum Dragan-
t, and steepe it in fine Damaske water one night. Then straine the water through a fine linnen cloath, and take Gum and mire it with an ounce of Amber-Greece, with Oyle of Turpentine: Then mingle all together, and roule your Gloues with the same: lay them to drye, and lay a paper betweene.

3 A preparative for Gloues.

Wash the Gloues, as aforesayde, till the sent of the Leather bee gone: then take of Beniamine two ounces, of Storaxe Cala-

The Closet; or, Treasurie,

mite one ounce, let them be verie fine: then take Oyle of Civill Almonds, and mingle it with Beniamine Storare vpon a Marble Stone. When it is well ground, put it into an earthen pot with oyle of Civet Almonds, then put in Cloues in powder, and so let it stand close couered: when you need take a little Rose-water in a sponge, and rub the Gloves softly, and then in like manner, with the Oyle, called Civet, for the same purpose.

4 Another way.

Take twelve graines of Muske, sixe graines of Amber-Greece, three graines of Storar Calamite, sixe graines of Beniamin, and a few Cloues: grind all these together with oyle of Civet almonds. First, wash your cloathes with Fusses dissolved a day in Damaske water.

5 Another for Gloves.

Take your Gloves and wash them in Rose-water once or twice, till all the scurfe bee gone from them, and then let them drye, and stretch them well out, fingers and all. Then plaine them, and wash them once or twice: then take two ounces of Storar, and as much Beniamin made in powder, dresse your gloves all ouer, on a smooth boord before they be drye: then hang them to drye, and when they bee drye, saue the powder that is left,

Then take a pint of Rose-water, and two ounces of Storar, and two ounces of Synamon, put all these in powder, and cast them to the Rose-water, and let them seeth in a close Posnet couered. Then take a fine bush, and brush them ouer.

6 Another way to perfume.

Take Amber-Greece a dramme, of Muske halfe a dramme, of Fusses a dramme, of Civet halfe an ounce, put all these together in a pint of Rosewater, or Damaske water.

7 Another way.

Take a dramme of Amber-Greece, a dramme of Beniamin, halfe a dramme of Fusses, a dramme of Storar, a quarter of an ounce of Labognum, put these in Rose water.

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A perfume for Chests and Cupboordes, and also
for Gloues. chap. 82.

Take Benjamin and Stozare of each an ounce, Labdanum and
Sulles, of each a quarter of an ounce, halfe a dram of Cinet: if you
burne it for Chestes, or Cupboordes, beate it in a hote moxter: if it
be for Gloues, boyle it, and put it to Rosewater.

To collour Gloues. chap. 83.

You must haue halles of greene Walnuts, that must lie in wa-
ter all the yeres long, roale them well with these halles, and make
them as deepe a collour as ye may.

How to collour Gloues yellow within.

To collour Gloues yellow within, take the yolke of twenty Eggs
and put them in a syring pan with a hot fire, stir them euer, & bruse
them with a Ladle, and the oyle that ascendeth of them, beeing an-
nointed on the inside of the gloues, will make them looke yellow.

To make Muske Sope. chap. 84.

Take strong lye made of Chalke, and one pound of Rose chalke,
yonre pound of Deere suet, and put them in the lye in an earthen pot,
and mingle it well, and keepe it the space of sixtie dayes, and mingle
and stirre it thre or fourre times a day, till halfe be consumed, and to
that that remaineth seauen or eyght dayes after, you must put a
quarter of an ounce of muske, and when you haue done so, you must
also stirre it, and it will smell of muske.

To make redd sealing Waxe. chap. 85.

Take to one pound of Ware three ounces of cleane Turpentine
in Sommer, in winter take fourre. melt them together with a hot
fire: then take it from the fire and let it cole, then put in Vermilion
very finely ground, and Sallet oyle, of each an ounce, and mire them
well together, and it is perfect good.

To keepe Damasins in sirrope. chap. 86.

Take Damasins, and pick them well with a kniue or pipme, then
take clarissted Hinger, as much as you薄ke will serue, and then you
must boyle it till it bee as thicke as birdlime. Then boyle your

The Closet, or Treasurie,

Damasins in the clarified Suger till they be soft: then take them
up, and put them in a glasse: then you must boyle the sirrope, till it
be as thicke as the other was, before you put in the Damasins, and
so couer them, close. **A water for the face, vsed of Gentlewomen.**

A water for the face, vsed of Gentlewomen.

3270110; chap. 87.

Take Goates milke two pound, fine Flower halfe a pecke, the whites of three Egges, and make it from paste to little loaues, and bake it, but not too much: then take more of the said Goates milke, and crumme of the crummes of your bread into it, let it steepe all night, & wipe your face with a dry cloth, and then washe your face with the said milke, and in bising this, it will make the face shine as white as snow.

Another to make the face faire.

Take the shearing of Scarlet, four ounces, the whites of two new layd Egges, white wine two pound, Rosemaris flowers, or Rosemarie it selfe, and seeth it or stell it, but if you seeth it, scum it cleane, and when it is colde ble it, and it will make the skynne looke smooth.

Another to remove high colour
in the face.

11. Lemons layd in Buttermilk, is an excellent meanes to remoue
high colour in the face.

A water for heat in the face, and breaking out
with pimples, chap. 88.

Take Allum glasse two pound, the iuyce of Plantin, Purflan, Veriuyce, of each halfe a pound, the white of twentie Egges, beate them and mixe them, and distill them: which water destroyeth chal- fings, heates, pimples, wheales and scurffes, whatsover they be.

To know whether a woman shall ever conceive or no. chap. 39.

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Take the Ruine of a hare, and having rayed and consumed it in hot water, give it the woman to drinke in the morning at her breakefast, and let her stand in a hot Bath: and if there come a grees or paine in her belly, shée may conceiue, if not, shée shall never conceiue.

To make a barren woman beare children.

chap. 90.

Take of thos little sea-fishes, called in Latine Polipi, or Poli-podes, and rost them vpon the Embers without Dyle, and let the woman eate of them, and it shall profit and helpe very much, having in the meane tyme the company of a man.

To make a woman haue a quicke and speedy deliuerance of her children, without paine, or at least very little.

chap. 91.

The leaues of Wittony and stampē them, or else make powder of them, and giue the woman that laboureth to drinke of it with a little water, and she shall be deliuered incontinent, without any great paine or labour.

To stop the running of the Raines fise seuerall
wayes. chap. 62.

Take Venice Turpentine washē in red Rose-water, soure sum-
ces, a Nutmegge, Plantine seede, a yellow Amber bead, of each a like,
with like quantitie of sūnamon, and powder of Comfrey rootes, which
being mingled, role of Turpentine in the powder, and make it into
fine Pilis as big as a beane, and take them in a spoone with sirrop
of Kubarb, thre in the morning, and thre two hours before supper,
and it will helpe it.

Another for the running of the raines.

Take Nutmegges halfe a pound, and bruse them in a morter,
and kneade them in dough and bake them, which bread is very
healthfull.

Another spectall way approued.

Take Hazel-nuts, well pilled or blanchēd two handfull, Sinks-
kele and knotted grasse, of each a handfull, soure Camphire leaues:
Campe the heabes, and strayne out the iuyce into twopound of Spuf-
tabell s.

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cabell: then beat the Nut kernels as small as you can, and put them in: Also take an Amber bead, and beat it to powder very fine, which being put in the wine to the rest, stir them altogether a good while: then seeth it untill it come to a pound and a little more, and drinke the one halfe in the morning, and the other at night, making a very light supper.

Another for the same.

Nip, and Clarie, frysed with the yolkes of thre or fourre Eggs, and taken every morning is very good.

To strengthen the seeds. chap. 92.

Take Succorie, Endive, Plantain, Violet flowers and the leaves, Clarie, Sorrell, of each halfe a handfull, with a peice of Mutton, make a good broath, and to eare it evening and morning is especiall good.

For the gnawing in a womans stomack. chap. 93.

Take a good handfull of Spearmint, and a handfull of Worme-wood, and beat a tile-stone, and lay these two things on it, make a little bag, and when the herbes be hote put them in the bagge and so lay them to her stomack.

For an Ague in awomans breast. chap. 94.

Take Hemlocke leaves, and fry them in sweete butter, & as hote as she may忍受 it, lay it to her breast, and lay a warme white cotto, and it will drine them away in short space.

For brestes that be sore with milke.

chap. 95.

Take Linseed, Dyle, and ware, melt them, and wet a rag therin, and lay it to the breast warme, which will dry with the milke.

For a sore breast. chap. 96.

Take beane flower two handfull, bramble, powder of Fennellic, of each a handfull, white Umeger a pound, three spoonfull of honey, and thre yolkes of Egges, seeth all till it be thick, and lay it warme to the breast, which will both breake it and heale it, alwayes crushyng out the matter when you lay it.

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To keepe a womans breast from breaking.!

chap. 97.

Take Sage, Marigolds with the blacke seede, and the sharpest nettles, of each halfe a handfull, huse them together, and lay it to, which will keepe it from breaking.

To keepe the breasts broken or not.

Take boyle of Rose, beane flower, and the yolk of an Egge with a little Vneger, set it on the fire till it bee luke warme, then with a feather annoynct the place.

For the vnnaturall heat of the Liuer. chap. 98.

Take Boorage, Bugloss, Succozie, Violets, fumitorie, young Hop-buds, Fennell buddes, of each a quarter of a handfull: young Mallowes, and Mercurie, of each halfe a handfull, boyle these in a pottle of Whey, and straine them.

For the Canker in the mouth.

chap. 99.

Take halfe a pint of Ale, and a sprig of Rosemarie, & seeth them altogether, and stum your Ale, and then put in a peece of Allum, as much as a nut, and a spoonesfull of honey, and two spoonesfull of Honeysuckle water.

To make the face faire, and the breath sweete.

chap. 100.

Take the flowers of Rosemarie, and boyle them in white Wine, then wash your face with it, and use it for a drinke, and so shall you make your face faire, and your breath sweete.

To make haire as yellow as golde. chap. 101.

Take the rine or scrapings of Rubarbe, & sharpe it in white wine or in cleare iie, and after you haue washed your heade with it, you shal wet your haires with a spunge, or some other cloth, and let them dry by the fire, or in the Sun. After this wet them, and dry them againe, for the oþer they doe it, the fairer they will bee, without hurting your head any thing at all.

To driue away all venomous beasts from your

house Chap. 102.

Take Juniper, the seede of Agnus Castus, the shelles of riuere Creuelles, Harts horne, the greace or suet of a Bucke, Herie or towne Cresses, Oþganie & bittany: make of al these drugs a dough or pasc

The Closter, or Treasurie,

paste. And when you will use or occupie it, burne it, for whereas the smoke thereof goeth, the beasts will hysd away.

Against all poysoneaten and drunken.

chap. 103.

Having knowledge that any man is poysoned, the checke remedy is to make him vomite the poysone, in giuing him Oyle Olue luke warme to drinke alone, or mixt with warme water. And if you haue no Oyle, giue him Butter with hote water, or with the decoction of Linseede, or the seede of Nettles, or of Semicreum: and all these things purge the venome as well downward as upward. After ha-
ving made him vomit divers dimes, you must purge him with sharp Glisters downward. Then giue him water mixt with honie, and also oyle wine enongh to drinke. But if you can get good Treakle or Methysdate, they are the principallest against poysons, with Terra Sigillata, Acorne shels, and giue it him in good wine. Let his meat be fat flesh of old Beasts, and fat Brot especially of Hennes and fat fish, and let him not sleepe. And in continuing with this meanes, he shall be deliuered by the helpe of God.

To driue away Lice, chap. 104.

Take Incense, and the Lard of a Barrow hogge, properly called Barrowes greace: boyle them together in an earthen pan or pot lea-
ded, and with this oyntment rub and annoynct the place where the Lice be,

How to make a soueraigne water, that M. Doctor Steuens Phisi-
tian, a man of great knowledge and cunning did practise, and v-
sed of long experiance; and therewith did very many cures, and
kept it alwayes secret, till of late a little before his death

Doctor Parker, late Archbishop of Canterbury did
get in writing of him, chap. 105.

The Recete:

Take a gallon of god Galcoine wine, then take Ginger, Galin-
gale, Camomel, Nimonon, Nutmegs, Craines, Cloues, Mace, An-
iseedes, of every of them a drachm. Then take Sage, Mint, red Ro-
les, Cyme, Belloris of the wall, wilde Marjoram, Rosemarie;

Penn

of hidden Secrets.

Penny mountaine otherwise called wylde Time, Camomill, Lavender, and Auenes, of euerie of them one handfull: then beat the spicess small, and buse the hearbes, and put all into the wine, and let it stand twelue houres, stirring it diuerse times. Then stille it in a Limbecke, and keepe the first pint of the water so: it is the best: then will come a second water, which is not so good as the first.

The sundrie vertues and operations of the same
many times approued.

The vertues of these waters be these: it comfoorth the spirits, and preserueth greatly the youth of man, and helpeth the inward diseases commynge of cold, against shaking of Palus: it cureth the contract of sinnewes, and helpeth conception of women that be barren, it killeth the wormes in the bellie. It helpeth the colde goute, it helpeth the footache, it comfoorth the stomack very much, it cureth the colde dropste, it helpeth the stone in the bladder, and in the raines of the bache: it cureth the canker, it helpeth shortly a stinking breath. And who so beth this water ever among, and not too oft, it preserueth him in good liking, and shall make one seeme young verie long. You must take one spoonefull of this water fasting, but once in seuen dayes, so: it is verie hote in operation. It preserved Doctor Steuens that hee liued fourscore and eighteene yeares, whereof tenne yeares he liued bedzed.

To make a water that taketh off all stayning, dying and spots
from the hands of Artificers, that get them by wor-
king, and maketh them white and faire. It is
good for them that be Sun-burned,
chap. 106.

Take the iuyce of a Lemmon, with a little Bay salt, & wash your
hands with it, and let them drie of themselves, Wash them againe,
and you shall finde all the spottes and stayning gone. It is also verie
good against the scurfe or scabbes.

To heale all manner of inflamation, and euill disposition of
the ayre, leproie faces, great swollen legs, or inflamed
handes, chap. 107.

The Closet, or Treasurie,

Take fower, or Amillum made of Barley, which ye shall easily
find at the Apothecaries, and seeth it halle an houre in common wa-
ter, then straine it, and put it into another new potte that is cleane
and neate, putting to it a lewe ~~M~~allowes, Succorie, Hoppes, En-
dive and Borage, and seeth all these together until it be dissolved,
and adde to it an ounce of Sandall, and then straine all, and take a
linnen cloath, as much Calsia extracta as will goe into two mnts, &
put it within the said linnen cloath with the Calsia, while the water
is hote, pressing it so hard betweene your two fingers, that the sub-
stance of it may goe into the water, then put to it Sugar or Penni-
des, as much as you will. Of this drinke (which is of very amiable
savour) you must take from day to day a little glasse full in the mor-
ning, lying in your bed with your breast upward, then laying some
linnen cloth vpon your Stomacke, sleepe if you can, and take of it al-
so after you be vp, and haue done your necessarie: the whiche doing,
you shall find your selle verie wellhealed in few dyes. But here
note that this must be done in the Sommer, and not in the Winter,
and he that hath hys Stomacke verie cold, may weare before his brest
some peice of Scarlet, or other cloath, and sometime annoyn his
Stomacke with an Oyle made for the weakenesse of it, the perfect
composition whereof we will put hereafter.

A singuler oyntment which healeth all burnings with fire, not
leauing any skarre where it hath beene,

Chap. 108.

Take the white of two egges, two ounces of Tuna Alexandri-
na, two ounces of quick Lime, washed in nine waters, an ounce of
newe Clare, with as much Oyle Roset as shall suffice, and make
thereof an Oyntment, which ye shall finde verie good for this that
we haue spoken of.

To draw an arrow head or other yron out of a wound,
chap. 109.

Take the iuyce of Valerian, in which ye shall wet a tent, and
put it into the wounde, laying the saide Herbe stamped vpon it,
then make your binding or band as it appertaingeth, & by this means
you

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you shall drawe out the yron. And after heale the wound according as it shall require.

For him that hath a bunch on his head, or that hath
his head swolen with a fall.

chap. 110.

Take an ounce of Bay salt, rawe hony three ounces, Commyn
three ounces, Turpentine two ounces, intermingle all this well up-
pon the fire, then lay it abroad vpon a liuen cloth, and make there-
of plasters, the which you shall lay hote to his head, and it will alto-
gether asswage the swelling, and heale him cleane and neat.

To know what time in the yeare hearbs and flowers should
be gathered in their full strength.

chap. 111.

Medicines are made divers and sundry wavyes, some by leaues,
some by seedes, some by rootes, some by hearbes, some by flowers,
and some by fruities. Such leaues as are put in medecines, shoule be
gathered when they be at their full waxing, ere that their colour be
changed, or that they fade any thing.

Seedes when they fall be full ripe, and the maistnesse some what
dried away.

Flowers shoule be taken when they be fullie open, ere they be
gime to fade.

Hearbes shoule be gathered when they be full of sap, and ere they
shinke.

Rootes shoule be gathered when the leaues fall.

Fruities shoule be taken when that they be at their full growth,
or when they fall, & the heauier the fruit is, the better, and those that
be great and light in ponderation, chuse not them, and those that be
gathered in faire weather, be better then those that be gathered in
raine. And those hearbes that growe in the fieldes, are better then
those that growe in townes and gardens, and those that growe on
hilles in the fieldes are best for medicines, for commonly they be
lesse, and not so sat, and haue more vertue.

Many hearbes there be that haue speciall time to be gathered
in: and if they be gathered in that time, they haue the full vertue, to
their

The Closet, or Treasurie,

their properrie, or els not so good. Some doe helpe whensoeuer they be gathered, and some naught if they be gathered out of time: their soe marke well what I teach thee.

Bittanie should be gathered principally in Lammas mouth, with the seed and the rootes, and without any Iron toole, and it must bee dyed in the shadow, for medicines it may be gathered other times, but euermore it is the better if it be gotten without iron, and it must be gathered before the sunne rising.

Swinesgrasse may be gathered when it pleasest you, in time of neede.

Cannomill should be gathered in Aprill.

Pellitorie should be gathered in June, before the sunrising.

Red Docke should be gathered when they need daily.

Longdeberie must be gathered in June and July.

Peniswox: must be gathered in the beginning of winter.

Germander should be gathered in Lammas month.

Dragant should be gathered in June and Julie.

Columbine in Lammas month.

Ardertoonge must be gathered in Aprill.

Pedelion when thou wilt.

Crounsill alway after midday.

Walwox: when it pleasest you, without yron.

Violet shoulde be gathered in the month of March, and in this month shoulde Violets be put into suger, and sirrop.

Roses shoulde be gathered in Aprill, or May, and of them shoulde be make suger-Roset in sirrope of Roses, and in the same moneth shoulde oyle be made of Cannomill.

Rosemary flowers should be gathered in May.

Hentoxy when it beginneth to flower:

Orgamum in the month of June.

Hollequi shoulde be gathered the sixteenth day of August, before the sunrising, without yron.

Harts-toong shoulde be gathered before day in November.

Aristolagia shoulde be gathered the same time.

Garlick may be taken when you need for medicines.

Wilde Garlicke shoulde be gathered when it flowreth.

Gourdes shoulde be gathered in the end of September, when they be

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be ripe, and dyed where the Sunne may be all day.

Wilde-App berries should be gathered when they ware yellow.

Cucumber should be gathered when the fruite is ripe, and the fruite should be layde vnder Vines, where the Sunne may not haue al his strength on it in a moist place, that it may rot, for then the seed shall be good, and full of kernels.

Citruell when the fruite is ripe, and dyed in a drye place in the Sunne.

Calamint should be gathered when it flowreth, and dry it in the shadow, and it will last a yere.

Saffron should be gathered above the sunne arise.

Godur, that groweth among Flare, should be gathered when he beginneth to flower, and it may be kept three yere.

Cleber should be gathered in harvest time.

Fennell seedes should bee gathered in the beginning of Harvest, and two yere they may be kept.

The rootes of Fennell should be gathered in the beginning of the yere, and two yeeres they are good.

Baldemony, that some men call Gentian, should be gathered in the last end of the yere, and soure yers it is good enough.

The roote of this hearbe is vsed, and how thou shalt know him, is this, that he be very bitter, the lesse bitter the worse.

Also looke that it be white, whole, and not hollow within, but sad, and not brittle, nor full of powder.

Galingale is called in Phisicks Typus, it may bee taken at all times when you will, but best it is in the end of Mer: and thre dayes it must be layd in the Sunne, and so be dyed, that the moisture rot it not, and then you must keepe it in the shadow.

Flowerdeluce should be gathered in the end of Mer, and dyed in the Sunne, and it will last two yeeres well.

The Closer, or Treasure,

Heere followeth the sundry vertues of Roses, for divers
Medecines. chap. 112.

Roses be colde and moist in two degrees: It hath these vertues, stamp it, and lay it to a sore that burneth and aketh, and it shal cease both the burning and aking.

Also, it is good for the Feauer in the Stomacke, and against all euils that are gendred in hole humors.

Also, let any woman drinke it with wine, and it shal shortly with cause her to restraine bleeding, & helpe the marrowes of the wombe.

Also, make oyle of Roses, and that is a principall receipt for prick-
ing in sinewes, and the water thereof is good for sore eyes, and for
hole euils, & the oyle is good for the headache to anoint there-with
the temples, and the roote of him is good, to draw forth yron or o-
ther things in a mans stote, and the redde rose is much better then
the white.

The sundry vertues of Lillies.
chap. 112

Lillies are cold and dry in the third degree, and so saith Galen,
that who so seetheth the leaves in water, it is a noble plastron for
sinnewes that are shornted, and it is good for all maner of burnings
and scaldings.

Also, when the leaves and rootes are sodden in olde wine, and
tempered vp with honey, it is a profitable plastron for sicknesse that
are staruen. Also the water & the iuyce is good for to wash the viss-
ters, and to take away the stekchels on mans visage or womans: and
the roote is good to ripe therewith botches, and for to breake them.

Of the sundre vertues of Milsoyle.
chap. 114.

Milsoyle is hote and dry in the second degree, it is good to stanch
the bloudie stire, and the iuyce thereof healed the biting of a redde
hound: and if it be sod in red wine, drinke it, and it slaieth wormes
in the wombe, and it softeneth hardnes in a mans wombe, and hel-
peth the Jaundise and drospie.

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And take the bearbe and stampe it, and temper it with vineger, and it will doe awaie blood in woundes, and it will ceale the tooth-ache when it is chelved fassing. Also it is good for the stinging of an Adder, when it is sodden in wine, drinke it, and lay the substance thereto, and it will draw the venome out of the soze.

The sundrie vertues of Rosemarie.

chap. 115.

Rosemarie is hote and drye, : take the flowers thereof, and put them in a clean cloath, and boyle them in faire cleane water, vntill balle be wash'd, and coole it, and drinke that water, so; it is much worth against all manner of euills in the bodie.

Also, take the flowers, and make powder thereof, and bind it to the right arme in a linnen cloath, and it shall make thee light and merrie.

Also eat the flowers with honie fassing, with sowe bread, or els with other bread, and there shall arise in thee no euill swelling.

Also, take the flowers, and put them in thy chest among thy cloth or among thy booke, and mothes shall not destroy them.

Also, boyle the flowers in Goats milke, and then let them stand all night vnder the ayre covered, and after that, give him to drinke thereof that hath the Cislick, and he shall be holpen.

Also if there bee any man that is rammage, take the flowers, and leauers a great quantite, and boyle them together in a good quantite of cleane water, in that Patient Balnear, and it shall heale him.

Also, boolle the leauers in white wine, and wash thy face therwith, and thy beard, and thy browes, and there shall no corne spring out, but thou shalt haue a faire face.

Also, put the leauers under thy bed, and thou shalt be deliuered of all euill dreames.

Also breake the leauers to powder, and lay them on the Canker, and it shall kill it.

Also, take the leauers, and put them in a wine vessell, and it shall keepe the wine from all sournes and euill sauours: and if thou wilt sell thy wine, thou shalt haue good sprede.

Also, if thou bee scroble with vnkinde sweate, boyle the leauers in cleane

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cleane water, and wash thy head therewith, and thou shalt be deliuered from that euill.

Also if thou hast lost appetite of eating, boile well these leaues in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein sops, eate thou there of well, and thou shalt restoore thy appetite againe.

Also, if thou haue the Flux, boile the leaues in strong Cyzill, and lay them on a linnen cloath, and bind it to thy wombe, and anone thy Flux shall be withdawne.

Also, if thy legs be blowne with the Gout, boile the leaues in wa-
ter, and then take the leaues, and bind them in a linnen cloath, and
wind it about thy legs, and it shall doe thee much good.

Also, take the leaues, and boile them in strong Cyzell, and binde
them to thy stomack in a cloath, and it shall deliver thee of all euils.

Also, if thou haue the cough, by stirring, or by any other way, drinke
the water of the leaues boiled in white wine, and ye shall be whole.

Make powder of the rinde of Rosemarie, and drinke it, and if thou
lie in the pose, thou shalt be deliuered.

Also, take the timber thereof, and lurne it to coales, and make a
powder thereof, and then put it in a linnen cloath, and rub thy teeth
therewith, and if there be any wormes threin it shall slay them, and
keepe thy teeth from all euils.

Also, of the wood make a boyst to smell thereto, and it shall keepe
thee youngly.

Also, make thereof a barrell, and drinke thou of the drinke that stan-
deith therein, and thou needest not dread of any euill beeing therein,
and if thou set it in the field, or in thy Garden, keepe it honestly, and it
shall bring forth much encrassing of it selfe.

And if a man haue lost his smelling of the ayre, that hee may not
draw his breath, make a fire of the wood, and bake his bread therewith,
and eate it, and it shall keepe him well.

Also, a man that hath the Gout, take Dyle of Roses, and the yolk
of an Egge, and the flowers of Rosemarie, and medle them together,
and doe it to his soze, and he shall be holpen.

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For to make a speciall soueraigne water, which is of three cours, and it is called the Mother of all waters, which is very excellent to cure the canker, the pocks, or leprosie, or any other kinde of superfluous humours, or any sore old or newe, and it is thus made.

Chap. r 16.

Take Turpentine soure pound, of Frankincense, Mastick, of either two ounces, Allowes, Epaticke, Date stones, Labdanum, Calozum, rootes of Betanie, rootes of Enula Campana, of each two ounces, distil them in a Limbeck of glasse, with a soft fire. The first water is cleare: the second water is yellow, and swimmeth above the other: the third water is reddish like Saffron, and when it beginneth to be redde and thicke like horrie, then beginneth the third water. The first water burneth like a candle: the second water curdeth like milke, and if you put one droppe of the third water into a cup of drinke, it goeth presently to the bottome, and there will it lie an houres space, and then mount vp to the toppe, as true Balowm doth: and with this water if you wash your face twice a day and chieflie your Noysehills, it cureth the rewme descending from the braine, and clarifieth the sight. And if you weare a linnen cloth in this water, and lay it to any sore legge or arme that hath dead fleshe, it will cleane it, and drine away the ache within sene houres space, and it consumeth all Apostumes, Ulcers, Fistules, Pustules, Emeralds, and healeth all greene wounds. And if ye dip a linnen cloath therein, and make it sene fold, and lay it to the noddle of your necke, it healeth the Palise: and so likewise it cureth the Cowst, or any sinnew that is drawne together therewith, bath it thre or four times together warme.

The water that is of the colour of blood, is of such vertue, that if a leprosous man or woman vle ther of fiftene dayes together, halfe a spoonefull euerie day, he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound, it healeth it in soure and twentie houres, if it be not mortall.

And it healeth all kind of cankers, crepces, Noli me tangere, within fiftene dayes, if you wash them with the said water euerie thirde

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day, and if you make rags of cloath, and dip it in the same water, and lay it upon a plague sore, and drop one drop therin, and it mortifieth the maligantie thereof, and that shorly. And if you droppe one drop in the eye, that hath a peale, or is halfe blind, it wil recover it in eight dayes without any paines: and if you drinke a spoonesful of it with white Wine, it will recover the stranguarie or disuse within sixtounes, and breaketh the stone within two houres, whether it be in the reines, or in the bladder. The water that bath the colour of blood is most precious, it conforteth the weake member, and preserueth the body from all diseases, and purifieth rotten blood, and healeth all diseases of the Milt, and keepeth away the Gout, and causeth good digestion, it purgeth colde and rotten blood, and putteth away ill humors, & healeth all agues. This water must be vsed from the month of November, to the month of Aprill, and you must take but halfe a spoonesfull at once, nor other then once a weeke.

The manner to make this water, yee must have a glasse a cubit high, and fill it with Aqua vite made with Wine, and stoppe it well, then put it in horse dung, so that it be not moyst, nor too wette, leaft the glasse breake, and you must leaue the necke of the glasse without in the ayre, that glasse through heate of the dung will boyle sore, so that the water will ascend to the necke of the glasse, and descend againe to the bottom through the ayre, and so let it stand thirtie daies, then take out the glasse, and put these things following in the water, and stoppe the mouth that it breath not out, and so leaue it in eight dayes.

Last of all, put the glasse in Balneo Maris with sand, setting on a head with a receyuer, well stopped, and make a soft fire, and gather the first water that drops cleere, but when you see the seconde Water turne into redde colour, change the Receyuer, so then beginneth the second water to come, and that will keepe wel in a glasse well stopped.

The spices that goe to this water, bee these, with the hearbes, Cardanum, Cloues, Nutmegs, Ginger, Galingale, Zedsaire, Pepper, Spikenard, Laurell berries, Smallage seedes, Mungwoort seedes, Fennell seedes, Annis seedes, Flowers of Basill, Elderne flowers, redde Rosles and white, Lignum Aloes, Cucibes, Cardanum, Calamus Aromaticus, Maces, Germander, Frankincense, Turmentill, Juniper, Egrimonye, Dentapp, Fumitory, Peper-

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nell, Dandelion, Cusfrage, Endive, seedes of Horrell, yellow Sanders, Fetheroy, Alloes, Epatick, of each two ounces, Rubarb, two drammes, dry figges, Raisins, Dates without stones, sweete Almonds, of each two ounces, Aqua vite to the quantitie of them all, that is, for one pound of Engredience, foure pound of Sugar, two pound of honey. This water is called the mother of all waters.

A perfect way to cure the loathsome disease of the French poocks, paines in the loines, lamentile of limmes palenesse of colour, loathsome scabbes, or any other filthy disease proceeding of superfluous or euill humors, as also to allwage ouer grosse & foggie fatte bellies, and that without danger.

Chap. 117.

First, it is needfull to prouide for the sickle body a close and cleane Chamber out of all grosse ayre, and cleane warme garments both for boode and legges, and at rising and going to bedde, a fire of Charcoales, for woode is not so wholesome for smoaking: also, they must not be troubled with any thing to bring them out of patience, for that corrupteth the blood, which must be newe altered: also the sickle body must eat but little meat, and that kinde of meate as shall hereafter be prescribed, and at such time as shall bee appointed, and let the sickle body vse playing on instruments, or heare some playing, or tell merry tales, and let him haue no companie of any woman, for that is a most dangerous poysone for the health of any person in that tale.

Secondly, you must prepare two brasse pottes or else yron, one being foure gallons, the other sixe gallons, one for strong drinke, the other for small drinke.

Also, you must haue close couers to them of brasse or yron, you must also prepare certaine good earthen vessells, with close couers, to keepe your drinke in, of bothe sortes by themselves. Moreover, you must haue a Strayner of a pearce-cloath to straine your drinke after it is decoct, Instruments to take out deade fleshe, and to

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search a soze, and a syring to cleanse any soze beeinge deepe, with the same drinke. Also you must haue a wooden vessell to bath the sicke body in, at such times as heereafter shall be appointed. Also you must prepare cleane cloathes, to dry the sicke body after a sweate, beeinge warmed well first: other instruments you shall neede none, but onely your wood scraped small or turned, and the barke of the wood pounded in a morter, and the drugs also small, and your water which you shall decoct, the same must bee of a good Conduit or running brooke, verie cleane without any kinde of filth. Chalke water is good.

Thirdly, for your strong drinke, yee must take your pot of four gallons, & set it on a fire of coales, with the four gallons of the faire running water, then put into the same one pound and a halfe of your wood, small rapped, or turned at the Turners, but when you do buy your wood, see it be not old, and lacke moisture: this tryall is best: Take a little coale burning, and lay it on the blocke before it be rapped, and if it be good, it will boyle vpon every side of the coale like Mirre: Then put thereto an ounce or a little more of the barke of the same wood made in small powder, then take a quarter of a pound of Cummin seeds put whole into the same, and one halfe quarter of an ounce of Radix, and Kubarb, and then stop your pot fast, and lay paste about the couer, and so fast that no ayre come out, then seeth it on a soft fire, but ever keepe it boylng, and let it boyle at the least eyght houres, then set it by, and vntop it not vntill it be colde, then take you Hearce, and straine it into a faire earthen pot, and couer it close. The sicke bodie must drinke of this but one draught Luke-warme, in the morning, and one other at night.

Fourthly, you must take your pot of sixe gallons, and put in it sixe gallons of running water, and one pound of the wood rapped, and a quarter of Cummin saedes, and decoct it in all kinde of thing even as the other, being close stopped, and when it is colde straine it into an earthen vessell or vessels, & that must the partie drinke at meale, and at other times when he list to drinke, and spare not, but drinke it by.

Fiftly, the sicke body must be kept very warme, and not rise out of bed before eight of the clock, and then eate a dozen or twentie Raisins of the Sun, and no bread, but a draught of strong drinke warme, and

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and about eleven of the clock, let the sick body eate a little meat, as may suffice nature, and what meate, it shalbe hereafter shewed: then let the sick body walke somwhiles in his chamber, or reade some booke, or play on instruments, to kepe him from sleeping: then at six of the clock at night, a dozen of Raisins of the Sunne, and nothing else but a draught of strong drinke warmed.

Sixtly, give to the Patient to eate, these meates following, Chicke, Partridg, Feasant, Hen, Capon, Rabbet, Conny, Cleale, Putton, and none other, nor any salt, nor leauened bread, nor Rie bread, and very seldom rosted, but boiled in water, and no Broth nor Porridge, nor any kind of sauce: if the sick body haue roast, let it be but every third meale, and no kind of fish, milke, or fruities, Raisins excepted.

Seauenthly, once in three dayes, for the first nine dayes in the morning, let the sick body drinke a good draught of the strong drinke somewhat warme, and then lay very many cloathes on him, till hee sweat, for the space of two houres: then ease some of the cloathes, and haue warmed linnen cloathes, and rub all the body dry ere he rise, if he haue any sores that be deepe, wash the soore with strong drinke, and with a searce, and dip a little cloath in the strong drinke, and lay it to the soore, whether be soore or knobs.

Eightly, after nine or ten daies be past, once in three dayes let the sick body be bathed on this sorte. Set faire running water on the fire, and put thereto a great deale of ground Iuy leaues, and red Sage, and Fennel also, and by a good fire when the sick body is going to bed, put the water and hearbes into a vessel of wood, and le: the sick body stand upright in it by the fire, and take by the hearbes, and rub the body of the sick Patient downwards, & then dry him with warm cloathes: use this three weeks, and by the grace of God the sick body shal be made whole, whatsoever he be: then if the party bee very weake, after nine or ten of the first dayes, let him eate every day at foure of the clock in the after none a new laid egge poached in faire water, & as much new bread as may suffice nature, & a little cleane wine. Use this diet with good regard, as before is prescribed, and (by the grace of God) they shal be perfectly cured of their diseases aboue mentioned.

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The manner to make another kind of diet drinke of stronger operation, for the same diseases, which by the praesē
onely of one man, hath done very great good, as
well in the City of London, as in
diuers partes of the Realme.

Chap. r 18.

Take of the best Guatcum, most heauy, and full of Tum, fourt
pound, let it be well casht with a Rape, or turned into fine chips by
a Turner, and of the same barkes two pound : of Cardus Benedi-
cius, which is called the blessed Thistle, halfe a pound, of Hayden-
haire, Tetrach, the flowers of wild and Garden Buglosse, Anis one
pound, swete Cassia, sixe ounces, Anis-seede one ounce and a halfe,
white Suger sixe pound, cast all these into a wine vessell cleane and
dry for the same purpose, vpon which poure of the cleaneest and best
white Wine that may bee got, in quantity one hundred and fifti
pound, couer this vessell thre daies, then straine it through an haire
cloath : then keepe it in a cleane vessell for the Patient at dinner and
supper, but not to drinke it in the mozung or evening. Besides the
drinking of this Guatcum at Dinner and Supper, the Patient may
betweene the times, as one houre before or after Dinner or Supper,
drinke fourt or fift ounces. Also your afor sayde receyttes may bee
put in cleane new white wine or Claret wine, being fyned and made
in the prescribed manner.

Furthermore, the Patient that hath the Por, Dropse, or Gout,
may drinke among, this worthy medicine following, the dosse or
quantity is two ounces or more, according to the age and comple-
on of the Patient.

Take Haydenhaire, cleane fresh Hops, Fumitory, Citrach, cal-
led Asp'enum, Sene of Alexand. of each thre drammes, great Ce-
nuary rootes, Liquorice, Polypody, wild and garden Buglosse, each
four ounces, Anis seeds, Nigella Romana, the flowers of Buglosse,
the thre Daunders, Sennamon, each five ounces, putt this into 24.
pound of the Guatcum water, sodden after the description in the
Compounedes following : then putt it in a close vessell, and stoppe the
mouth, and when that is done, set the said vessell in another seething
kettle, vpon the fire, so let it stand and steech for twenty houres faire
and

and softly, then straine it, and kepe it in a cleane close vessell so: the
vse also; claude. But if the Patient be full of humors, then doe thus:
take Sene Alerand. two pound, Succa Rolarum solatium, sixt pound,
white Sugar seuen pound, Rubarb eleched thre ounces, finely cut,
Turbit of the best one ounce, put these in a cleane stone pot with a
narrow mouth: poure into this pot xxviij. pound of the commen Gu-
aicum water, made in manner in the compounde following: stop
your pots mouth, seeth it in the soze lavo manner vpon a soft fire 2 4
houres, untill it come to a thinsyrrop, called Ielup, then straine it,
and kepe this pretious purging drinke for mornings, the Dolse one
ounce and a halfe, according to the age, complexion, and strenght:
the Patient must also eate bread thre ounces, well baked like Bisk-
ket, and the flesh of Chicken, Hen, Capon, Partridg, Feasant small
birds of the wood roasted, expell sodden meates: and if the commen
drinke be too strong, then the Patient may poure there vnto some
small cleane Wine, or Beers: let the Patient bee merrie kept in a
faire cleane chamber, with sweete perfumes, not much feeding, but
little and fine, with cleane warme apparell, and a fire with Char-
coales, eschewing Wenerie, Wines, fish, grosse flesh, pottage, and
white meates: care, anger, cold, much heat: and by Gods helpe yee
shall have present remedie, whether it bee for the Pore, or to cleanse
the reynes, or for them that be ouer fat or logg: 2 people, full of grosse
humors, gotten with ease and feeding, and to rebate & asswage their
foggyness without hurt, but rather revue them (as it were) and make
them seeme yong. It helpeth also the Count, Droutie, Sclatrica, Can-
ker, and Tympanie, and many other loathsome deales, that proceed
from ouer great abundance of grosse humors, also for extreame
paine in the loyns.

The manner to choose the best Guaicum, or
Lignum vita.

Chap. 119.

Of this wood Guaicum, there are three kinds: the first is blacke
within, in the heart pale coloured, having in it russet lines,
verie hard and heauie. The other blacke within, but white with-
out, having verie small lines, is hard and heauie, and not so great as
the first. The third is all right white within and without, having
verie small lines, and the heart of this wood is best, the arms of the
Tree

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tree is better then the bodie, the boughes nearer the fruite haue the moxe vertue, warmesse, and dianesse, then the lower parts of the tree, which are more grosser, and moxe earthly of nature: and the moxe vndious the wood is, it is the better: the sap is not so god as the heart, neither the barkes so good as the sap. But the white wood is sweete, and most excellent in operation, and is Lignum sanctum, the holte wood. The bark of the straight young branches or boughs, being heauie and white, moist, and without lynes, hard compacted, be the best barkes for the Pore. All these woods called Guciaci, haue a Rozin, or matter like Benjamin, or pleasant Gum within the wood, which is the spirit or lively helping humour in decoction for the Pore, in the sinewes, vaines, muskles, head, hands, feete, and the bones: No sicknesse is so sharpe and cruell to nature, but this precious wood will both quickly and gently allwage the paine & griefe of the same, if it be ministred accordingly in decoction, namely to them, who eyther the Pore hath tormentid, or else the Goute with intollerable griefe.

A most certaine and approued remedie against all maner of pestilence or plague, be it never so vehement.

Chap. 120.

Take an Onion, and cut him overthwart, then make a little hole in each peece, the which you shall fill with fine Treakle, and set the peeces together againe as they were before: after this, wrap them in a wet linnen cloath, putting it to roast, covered in the Imbers or ashes: and when it is roasted enough, presse out all the juice of it, and give the Patient to drinke therof a sponfull, immediately he shall feele himselfe better, and shall without fail be healed.

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of hidden Secrets.

To make a sirrop of Vinegar, good for many things.

Chap. 121.

Take Sharpe Vinegar a poind and a halfe ; Sugar two pounde and a halfe, boyle it till it be a sirrope. It will digest choller, Melancholie, and Flegme : it will make grosse humors thinne : openeth obstructions, prouoketh vaine, expelleth naughtie humors : is good against all pestilent Feauers, cooleth and quenches thirst, & keepes the bodie loose.

To comfort the heart, and take away Melancholy,

Chap. 122.

Take the iuyce of Borage soure pounde, the flowers of Borage halfe a pounde : let these stande infused in hote embers fourteene houres, then being strained and clarified, put to of good Sugar two pound, and boyle it to a sirrope.

A sirrope to cleanse the breast and the lungs, the Cough and the plurisie:

Chap. 123.

Take Licozas small, shred and brusled; an ounce, Maidenhaire halfe an ounce, Hyslope two drachmes; water two pounde, let these lie mixt soure and twentie houres, then boyle it till the thirde part be consumed, then straine it, and put into the same of good honie, of Sugar pennet, and white Sugar, of each soure ounces, and Rose-water three ounces.

For spetting either of Lights or Lungs.

Chap. 124.

Take the iuyce of Purslane, and Plantain e, of each an ounce, rebbe Colfale a drachm, and bladd-stone halfe a drachm fine powdered, mixt together, use it.

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For wormes in young children. chap. 125.

Take Lupines, and make flower of them, which kneaded with honie, lay it to the stomacke of the childe.

For the swelling of the Cods. chap. 126.

Take Rue stamp, lay it to the grieved place, and thou shalt have present remedie.

For him that cannot hold his water. chap. 127.

Take the small end of Dken leaues, & sooth them in Claret wine, being well beaten, lay it as hot as may be suffered upon the yard in a plastrer fashion.

For the head-ache. chap. 128.

Take the iuyce of Maritorum, and put it into the Rosebills, and it will helpe you.

For griefe of the stomacke. chap. 129.

Take Masticke, Cloues, Nutmeggs, of each a dram, Mace and Synamon of each halfe a dramme fine powdered: then take the bottome of a browne loasse toasted and dippe in Malmeie, drawinge of the said powder vpon it, lay it to the stomacke, and it is a present remedie.

For the Itch. chap. 130.

Take unwrought Mare, fresh Butter, Rose Winegar, red Rose water, Brimstone finely beaten, and Cloues all boyled together, make an oyntment, and vse it.

A Gargill for a sore throat. chap. 131.

Take white Wine, carduit water, of each a pound, red Allum, halfe an ounce, two spoonfuls of honie, boyle all to a pound and a halfe, and vse it thrice or fourte times a day.

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A water for Scabbes, Ulcers, and Pushes.

Chap. 132.

Take Plantaine water halfe a pound, water of Orenge sounre dunces, Sublimate powder, an ounce, put all in a double glasse, or some other good vessell, and let it boyle with a gentle fire, a quarter of an houre, and take it off, and keepe it in a cleane vessell, which vse three or four sundry times, and it will heale them.

To make a water to take out all spots of cloth of gold, and velvet. chap. 132.

Take salve redde Arsenicke, Marriet Cudum, of each of them a like quantitie, and when they be well trayed, poure some faire wa-
ter vpon them, and then putting the hearbe Cinketoyle to it, seeth it
vnto the halse, and then let it coole and set it in the sun two houres :
then wash your cloath in it, and let it dry in the sunne.

To take spots of grease and oyle out of all sorts
of cloth, white or other. chap. 134.

Take the water that Pease hath beene sodde in, and keepe your
cloath wheres the spot is in it, and then wash it in cleane riner water,
and dye it in the sunne.

To take all maner of spots out of silke.
chap. 135.

Take the suye of great and round Muschions of a sharpe tasse,
wet the spots in it the space of two houres, and then wash them with
clerke water, and then let them dye.

To take spots out of cloath. chap. 136.

Take gold lie, and lees of white vaine, made a little hote, and
mire them well together. But you must take heede they bee not too
hote, and wash your cloath.

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A soueraine remedie for the Cough.

Chap. 137.

Take Brimstone beaten in powder halfe an ounce, and put it in a new layd Egge soft rosted, mingle it well together. then put to it Benjamin the digneſſe of a Witch Peaſe, lightly tramped, and drink it in the morrow for your breakfast. Take as much again at night when you go to bed, and you ſhall be wōple at the ſecond or thide time. But if the cough haue holden you long, you muſt take it ſo much the oſtner.

To keepe your Poultry from deſtroying with
Weaſels. chap. 138.

Rub your Poultry with the iuyce of Rue or Hearbe grace, and the Weaſels ſhall doe them no hurt. If they eate the Lungs of a ſor, the Foxes will not eate them.

A brief Treatise of Urines, as well of mens Urines as of women's: to judge by the colours, which betokeneth health, which sicknes, and which death. chap. 139,

IT is shewed, that in ſoure parts of the boode dwelleth ſicknes and health, that is in the wombe; in the head, in the liuer, and in the bladder. In what maner thou muſt know their properties, and ther-of thou maſſe leaſie.

If a mans urine be white at morrow, and red before meate, and white after meate, he is whole. And if it be ſatte and thicke, it is not good: and if the Urine be meanly thicke, it is good to like. And if it be thicke as Ale pinte, it betokeneth headache.

Urine that is two dayes red, and the third day white, betokeneth vrie health.

Urine that is ſat, white, & moist, betokeneth the feauer quartaine.

Urine that is bloody, betokeneth that the bladder is hurt, by ſome rotting that is within.

A little urine all fleſhie betokeneth of the reynes, who piffeth bloud without ſicknes, hath ſome veyne broken in the reynes.

Urine that is ponderous, betokeneth that the bladder is hurt.

Urine that is ſome what bloody or ſicknes, betokeneth great euill within the boode, and namely in the bladder.

Urine that falleth by oppes aboue, as it were great boles, betokeneth

of hidden Secretes.

tokeneth great sicknes and long.

Womens Urine that is cleare and shining in the Urinall as siluer, if she cast oft, and if she haue no talent to meate, it betokeneth she is with childe.

Womens Urine that is strong and white with stinking, betokeneth sicknes in the reynes, and in her secret receits, in her chambers full of euill humours, and of sicknes of her selfe.

Womens Urine that is bloody, and cleare as water vnder, betokeneth head-ach.

Womens Urine that is like to gold, cleare and mighty, betokeneth that she hath lust to man.

Womens Urine that hath culour of stable cleansing, betokeneth her to haue the seauer quartaine, and she to die the third day.

Womens Urine that appeareth as culour of lead, if she be with childe, betokeneth that it is death within her.

Hereafter followeth all the Vrines that betoken death, as well the vrine of the man, as of the woman, chap. 140.

In a whole Aris, one part red, another black, another greene, and another blew, betokeneth death.

Urine in whole Aris, blacke and little in quantitie, fatty and stinking, it betokeneth death.

Urine couered ouer all as lead, betokeneth prolonging of death.

Urine that shineth raw and right bight, if the skinne in the botome shine not, it betokeneth death.

Urine thin in substance, hauling fletting aboue, as it were a darke Skie, signifieth of death.

Urine derty, stinking, and darke, with a darke Skie within, betokeneth a prolonging of death.

Urine that is of the culour of water, if it haue a darke Skie in an Aris, it betokeneth death.

+ Urine that hath drestes in the bottome medled with blood, it betokeneth death.

Urine blacke and thicke, if the sicke loath when he goeth to the priuie, and when he speaketh ouerthwart, or that he understandeth not aright, and if these sickeneses goe not from him, they betoken death.

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